CHAPTER 9

Pasta, Rice, Cereals, and Foods with Grains, Beans, and Tofu

The cooking of pasta, rice, cereals, and grains is similar. Water is added, heat is applied, and cooking is continued until the starch granules gelatinize. Dry beans are cooked in a liquid (generally water or stock) until softened. Tofu (bean curd) does not need to be cooked prior to being incorporated in a recipe.

PASTA

Pasta is a generic name for a basic dough mixture of durum semolina or other high-protein hard wheat flour and water. With the exception of noodles, which usually contain eggs, the various pasta products are made from the same basic dough. Flavor variations may include whole wheat, herb, carrot, tomato, and spinach. Pasta comes in many different shapes that can be categorized into five basic groups: string (e.g., spaghetti), ribbon (e.g., noodles), tubes (e.g., penne), shapes (e.g., radiatore), micro pastas (e.g., acini). A few of the more popular types appear in Figures 9.1 and 9.2. Pasta may be purchased fresh, frozen, or dry. Precooked dry pasta is also available in some markets.

Most dry pasta will approximately double in *volume* after cooking (egg noodle volume remains about the same). Thickness varies among pasta shapes, and the volume increase is directly related to this variation. Certain shapes such as ziti, lasagna, and rigatoni have more fluctuation in their volume increase than do spaghetti and macaroni. The *weight* of dry pasta increases, but the amount depends on the type of pasta. See p. 369 for the weight increase of selected pastas.

Pasta is best if cooked uncovered at a fast boil, using plenty of water. A general rule is to allow 1 gallon of water, 1 ounce ($1\frac{1}{2}$ tablespoons) salt, and $1\frac{1}{2}$ teaspoons cooking oil for every pound of pasta. Directions for cooking are given on p. 369. Pasta should be cooked until it is tender but firm (*al dente*), then drained to stop the cooking. Overcooking produces a soft, pasty product that breaks easily when combined with sauces or other ingredients.

RICE

Rice is used in foodservices as a side or main dish, as an accompaniment to many Asian foods, and as an ingredient in casseroles and other entrees.Three major types of rice are available.

Long-grain rice. Cooked grains are firm, fluffy, and are inclined to separate. Overcooking or excessive stirring while cooking will cause long-grain rice to become sticky. Long-grain rice is excellent for serving as a side dish, in salads, and in casseroles.

Medium-grain rice. Cooked grains are tender and moist, tending to cling together. Medium-grain rice becomes sticky when cool, so it is best served hot. Requires less water to prepare than long-grain rice. Medium-grain rice has a higher starch content than long-grain rice.

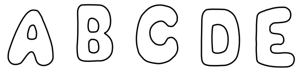
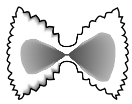
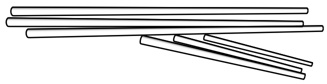
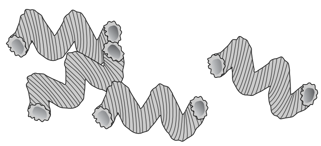
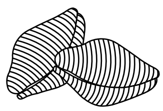
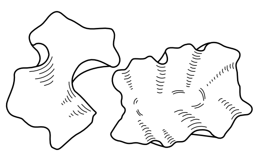
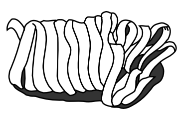
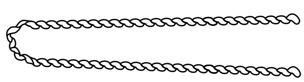
Short-grain rice. Small, round kernels become very tender and sticky when cooked. Risotto and paella are made with short-grain rice. Short-grain rice has a high starch content.

Rice is available with various degrees of milling and processing.



FIGURE 9.1 **Frequently used pasta shapes (see description of pasta shapes in Figure 9.2). Photo courtesy of the National Pasta Association.**

FIGURE 9.2 Shapes and descriptions of selected pasta.

Name	*Shape*	*Description*
Alphabets		Miniature pasta in letter shapes. Used in soups.
Bow ties, farfalle		Bow-shaped noodles. Used with entree sauces and also soup or salads.
Capellini, angel hair		Delicate long thin threads. Used with light sauces.
Cavatappi		Spiral, ridged tubes (corkscrews). Used in casseroles and with sauces.
Conchiglie, shells		Shell shaped. Used with sauces; larger shells stuffed, smaller shells used in salads. Jumbo shells stuffed with cheese, meat, vegetables.
Dumplings		Flat, with rippled edges. Used in soups and baked casseroles.
Fettuccine		Pasta shaped like ribbons, slightly thick. Used with heavy cream or meat sauces.
Fusilli		Long strands of spiraled spaghetti, corkscrew shaped. Used with thick cream sauces or casseroles. Break into soups.

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FIGURE 9.2 *continued*

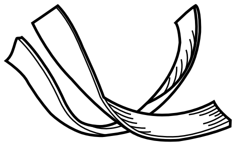
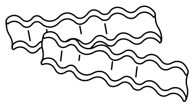
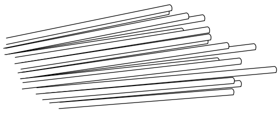
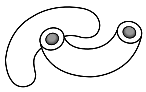
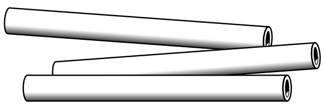
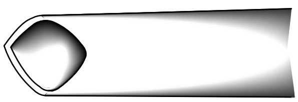
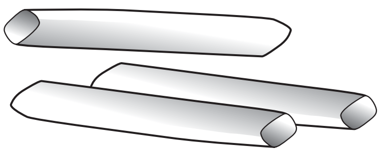
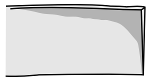
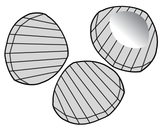
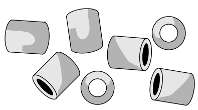
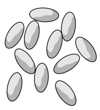
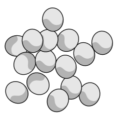
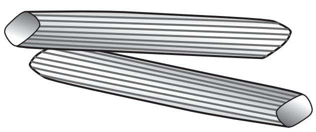
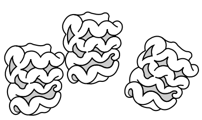
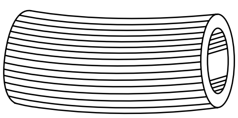
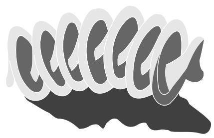
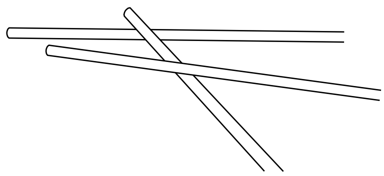
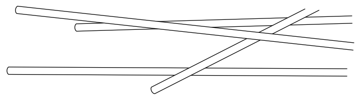
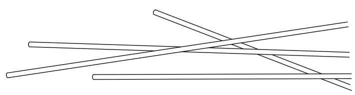
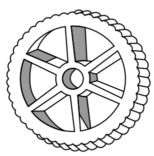
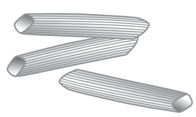
Name	*Shape*	*Description*
Kluski		Long narrow egg noodles, with homemade appearance. Used for soups, baked casseroles, and with cream sauces.
Lasagna		Wide, long, flat noodles with wavy edges. Baked layered with cheese and sauces.
Linguine		Thin narrow rods, slightly flattened. Used with all sauces, especially cream sauces.
Elbow macaroni		Short tubes that are slightly curved. Used in salads and casseroles.
Macaroni		Long hollow round tubes, straight cut ends. Baked in casseroles or with sauces.
Manicotti		Giant pasta tubes. Stuffed with cheese or meat fillings.
Mostaccioli		Medium-sized hollow tubes, ends cut diagonally. Used in baked casseroles or with sauces.

FIGURE 9.2 *continued*

Name	*Shape*	*Description*
Noodles	 X-Wide Noodles  Wide Noodles  Medium Noodles	Narrow flat pasta; typically contains egg. Used in a variety of casseroles, with sauces, and as a side dish.
Orecchiette		Ear shaped. Used in casseroles, with sauce.
Pastina (tiny dough) Ditalini		Used in soups and salads. Very short hollow tube.
Orzo		Shaped like rice. Used in soups, salads, and as a side dish.
Stelline		Star shaped.
Acini		Small round shape.
Penne rigate		Grooved medium-size hollow tubes, ends cut diagonally. Used in baked casseroles or with sauces.
Radiatore		Frilly shaped pasta, short, thick, and compact. Used for salads, casseroles, with sauce, and in soups.
Rigatoni		Large ribbed hollow tubes. Used in baked casseroles or with sauces.

(continues)

FIGURE 9.2 *continued*

Name	*Shape*	*Description*
Rotini		Spiraled pasta. Used in baked casseroles or with salads.
Spaghetti		Long round rods. Used with all sauces, especially tomato. Used in casseroles.
Spaghettini		Thin round rods. Used like spaghetti, typically with light sauces.
Vermicelli		Extra thin spaghetti like rods. Used with light delicate sauces.
Wagon wheels		Die-cut shape resembling wheels. Used with sauces, in salads and soups.
Ziti		Short hollow round medium-size tubes with straight cut ends; resembles large macaroni. Used in baked casseroles or with sauces.

Brown rice is the whole unpolished grain with only the outer husks and a small amount of bran removed. It has a nutlike flavor and slightly chewy texture. Brown rice is available in short, medium, or long grain. Shelf life is shortened due to the oil content of the bran.

Regular or *milled white rice* has had the outer husk removed, and layers of bran are milled away until the grain is white. It is sometimes called polished rice.

Converted (parboiled) rice has undergone a steam-pressure process, then dried before milling. After cooking, the grains remain separate and plump. Con-

verted rice is noted for its holding quality after cooking. Converted rice is neither precooked nor instant and requires a longer cooking time than regular or milled white rice.

Precooked (instant) rice has been milled, cooked, and dehydrated. It is slightly higher in cost than parboiled rice but needs only to be rehydrated to be ready for use. Precooked rice does not hold well after cooking, and the grains quickly lose their shape.

Many varieties of rice are exported to or grown in the United States. Following are the varieties often used in foodservice.

Aromatic or *fragrant rices* have subtle floral, nutty, or earthy nuances. *Basmati* cooks to a dry, fluffy texture with separate grains similar to long-grain rice. *Thai jasmine* long-grain rice cooks up soft and tender.

Italian short-grain rice has polished white kernels, a little longer than wide. Aborio rice, used for risotto, is the most common short-grain rice.

Spanish rice is similar to Italian short-grain rice but a little lighter in texture. Spanish rice absorbs liquid evenly and retains an al dente mouthfeel. Grana and Valencia are two rice varieties often used for paella.

Sticky or *glutinous rice,* also called *sweet rice,* becomes extremely sticky when cooked. Sticky rice is used almost exclusively for Asian cooking and generally for dessert dishes. The grains become bouncy and full when cooked. Sticky or glutinous rice may be white, brown, or black.

Wild rice is not a rice but a seed of a native grass. It has long, unpolished kernels; an intense nutty flavor; and firm, chewy texture. Wild rice is combined with other rices and ingredients for stuffing, entrees, salads, and side dishes.

Long-grain rice is cooked until all water is absorbed, so the key to properly cooked rice is the proportion of rice to water and the correct cooking time. Converted (parboiled) long-grain white rice requires slightly more water and a long cooking time than regular long-grain or medium-grain rice. Table 9.1 gives basic proportions and yields for converted rice. The cooking time for brown rice is almost double that of the white rice. Rice may be cooked in a kettle, steamer, or oven. See p. 399 for cooking directions. Cooked rice is a potentially hazardous food and should be stored outside the temperature danger zone.

CEREALS

Cereals may be whole, cracked, flaked or rolled, or granular. The amount of water used for cooking determines the volume of the finished product. Cereal swells until all water has been absorbed or until the limit of the grain is reached. As a rule, granular cereals absorb more water than whole or flaked. The fineness of grind of the cereal and the amount of bran or cellulose are factors that determine the length of time a cereal needs to be cooked. Cereals cooked in quantity usually are prepared in a steam-jacketed kettle or steamer but may be cooked in a heavy kettle on top of the range. Directions for cooking breakfast cereals are given on p. 413.

OTHER GRAINS

Grains have always been a staple in many countries, but recently are increasing in popularly in the United States. Following are several commonly used grains.

Cracked wheat is the whole kernel of wheat without the bran removed, known as the berry. The wheat berry is broken into varying degrees of coarseness without first cooking. To soften the kernels, wheat berries must be soaked for several hours before cooking.

Bulger is a wheat berry that has the bran removed. It is steam cooked and dried before being ground into various degrees of coarseness.

Couscous is the endosperm of a durum wheat berry. The endosperm is steamed and pressed to form small granular pellets and then dried.

TABLE 9.1 Basic proportions and yields for converted rice

Rice	*Water*[a]	*Salt*	*Approximate volume yield*	*Approximate number of 4-oz servings*
1 lb	1¼ qt	1 Tbsp	2 qt	16
2 lb	2½ qt	2 Tbsp	1 gal	32
3 lb	3¾ qt	3 Tbsp(2 oz)	6¼ qt	50
4 lb	5 qt	¼ cup (2½ oz)	8½ qt	68
5 lb	6¼ qt	⅓ cup (3½ oz)	11 qt	88
8 lb	10 qt	½ cup (5 oz)	18½ qt	148
10 lb	12½ qt	¾ cup (8 oz)	24 qt	192

[a] Liquids other than water that can be used include: chicken, beef or vegetable stock or base, tomato or vegetable juice, diluted orange or apple juice.

Barley is a grain with a sweet earthy flavor and chewy-to-soft texture. A softer texture will result from cooking in a large amount of liquid, such as for soup.

Buckwheat/kasha is not a grain but a fruit treated as a grain. Whole buckwheat kernels known as groats are roasted to produce kasha, a dark reddish brown, earthy flavored product. Whole kasha remains in separate grains after cooking. The finer grains become sticky. Buckwheat flour, made from grinding the raw groats, is used in buckwheat pancakes and some pastas. Buckwheat contains no gluten-forming proteins and cannot be substituted entirely for wheat flour in products that require gluten for structure.

Oats are a whole-grain product used for hot cereal and in baked goods. *Rolled* or *old-fashioned oats* are made from whole oat kernels with the husks removed (oat groats) that have been steamed, then rolled into flat flakes. *Quick-cooking oats* are rolled oats cut into smaller pieces to reduce the cooking time.

BEANS

Many varieties of dry beans are available. Some of the commonly used ones are:

Appaloosa—Speckled red or black and white. Long and thin.

Black (Turtle bean)—Dark black with a white line. Medium-sized and almost round.

Black-Eyed Pea—Ivory or beige in color with a black spot. Small kidney shaped.

Cannellini—White. Looks like a white kidney bean.

Chickpea (Garbanzo)—Beige. Round with lumps. (Long cooking)

Great Northern—White. Large oval. Very common white bean.

Kidney—Reddish to dark brown. Kidney shaped.

Navy (Pea bean)—White. Small round. Very common white bean.

Pinto—Beige or rust colored, usually mottled. Oval shaped.

Red (Pink)—Reddish in color. Small, oval. Interchangeable with pinto.

Most dry beans will double to triple in bulk during cooking. Because sorting machines may mistake rocks or other debris for dry beans, it is recommended that beans be sorted before rinsing and cooking.

Some general cooking guidelines:

1. Place beans in a large pot or steam jacketed kettle and cover with water. Bring the water to a boil and skim foam if necessary. Cover loosely and reduce heat so beans simmer slowly.
2. Cook until beans are slightly tender. Stir very carefully as the beans become tender so they are not broken and become mushy.
3. Season as desired. A general rule is to add 2 tsp salt to 1 lb of beans. Other seasonings may be added.
4. Cook, stirring very carefully, until the beans are tender. Add additional water if necessary. Drain and serve or store in refrigerator until needed. Cooked beans are a potentially hazardous food. Follow cooling guidelines on p. 44.

Soaking beans prior to cooking will reduce the cooking time by about 25%.

TOFU

Tofu, a curd made from soy beans is mild-tasting and can be purchased in a range of textures. Silken is very soft and often pureed in sauces. Firm and extra-firm tofu holds its shape better than silken or soft tofu and is best used in recipes specifying marinating or stir-frying. Pressing tofu makes it firmer. Freezing makes tofu porous and gives it a tougher texture. Tofu is often frozen before being marinated or stir-fried.

PASTA RECIPES

COOKING PASTA

Yield: 50 portions *Portion:* 4 oz

Ingredient	*Amount*	*Procedure*
Pasta	5 lb	Bring water to a rapid boil. Add salt and oil.
Water	5 gal	Add pasta gradually while stirring.
Salt	5 oz	Return to boiling. Cook uncovered at a fast boil until tender but firm (*al dente*), 5–10 minutes (see Cooking Times table). Stir occasionally to prevent sticking.
Vegetable oil (optional)	3 Tbsp	Test for doneness. Drain.

Notes

- Weight of cooked pasta will vary, depending on length of time cooked.
- Addition of oil is optional. It helps prevent foaming and sticking.
- If pasta is to be used as an ingredient in a recipe requiring further cooking, undercook slightly.
- If product is not to be served immediately, drain and rinse quickly with cold water. To keep pasta from becoming sticky or drying out, toss lightly with a little vegetable oil. Cover tightly and store in the refrigerator. To reheat, put pasta in a colander and immerse in rapidly boiling water just long enough to heat through. *Do not continue to cook.* Or, reheat in a microwave oven.
- Pasta can be covered tightly and refrigerated or frozen. Reheat to serving temperature.

APPROXIMATE YIELD AND COOKING TIMES FOR SELECTED PASTAS

Type of pasta	**Approximate cooking time (*al dente*) (min)**	**Yield of cooked pasta from 1 lb dry pasta**
Acini di pepe	8	3 lb 4 oz
Bow ties	11	2 lb
Fettuccine	8	2 lb 12 oz
Kluski	15	2 lb 12 oz
Lasagna noodles	15	2 lb
Linguine	10	2 lb 8 oz
Elbow macaroni	6	2 lb 12 oz
Mostaccioli	10	2 lb 4 oz
Noodles	6	2 lb 12 oz
Orzo	6	2 lb 8 oz
Rigatoni	10	2 lb
Rotini	8	2 lb
Shells	9	2 lb 8 oz
Spaghetti	10	2 lb 8 oz
Vermicelli	7	2 lb 8 oz
Wheels	11	2 lb
Ziti	10	2 lb 4 oz

ORZO PILAF

Yield: 50 portions *Portion:* 4 oz

Ingredient	*Amount*	*Procedure*
Orzo Water, boiling Salt Vegetable oil	3 lb 8 oz 3½ gal 2 Tbsp 2 Tbsp	Cook orzo according to directions on p. 369. Do not overcook. Drain and keep hot. Save for later step.
Olive oil Green onions, thinly sliced Garlic, minced Mushrooms, fresh, sliced Almonds	1 cup 1 lb 4 oz 2 oz 1 lb 12 oz 12 oz	Sauté onions, garlic, mushrooms, and almonds in oil until onions and mushrooms are just tender.
Parsley, minced Lemon juice Rosemary leaves, dried Pepper, black Salt	2 oz 2 Tbsp 2 Tbsp 1 tsp 1 tsp	Stir parsley, juice, and spices into vegetable mixture. Mix with cooked orzo. Heat if necessary to 165°F. Serve immediately.

Approximate nutritive values per portion **Calories** 208

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 9 g	**13%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 28 g	**9%**	**Vitamin A**	**6%**	**Calcium**	**4%**
Sat. Fat 1 g	**5%**	**Sodium** 311 mg	**13%**	Fiber 1 g	**6%**	**Vitamin C**	**7%**	**Iron**	**12%**
Protein 6 g				Sugars 2 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.

LEMON ORZO

Yield: 50 portions   *Portion:* 4 oz

Ingredient	*Amount*	*Procedure*
Orzo Water Salt	5 lb 5 gl 5 oz	Cook according to directions on p. 369. Drain.
Chives, finely sliced Lemon zest Lemon juice Pepper, black Olive oil	3 oz (EP) 1 Tbsp 1 cup 1 tsp 2 cups	Combine chives, lemon, pepper, and oil. Stir into pasta. Serve hot, above 140°F.

Approximate nutritive values per portion — **Calories** 250

Amount/portion	**%DV**	**Amount/portion**	**%DV**	**Amount/portion**		**%DV**	**%DV**		**%DV**
Total Fat 9g	**14%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 34 g	**11%**	**Vitamin A**	**1%**	**Calcium**	**2%**
Sat. Fat 1 g	**6%**	**Sodium** 290 mg	**12%**	Fiber 1 g	**5%**	**Vitamin C**	**5%**	**Iron**	**10%**
Protein 6 g				Sugars 1.6 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once, discard if not used.
- Other pasta shapes may be substituted for the orzo.

MACARONI AND CHEESE

Yield: 48 portions or 2 pans 12 × 20 × 2 inches *Portion:* 8 oz
Oven: 350°F *Bake:* 20 minutes

Ingredient	*Amount*	*Procedure*
Macaroni Water, boiling Salt Vegetable oil	3 lb 8 oz 3½ gal 2 Tbsp 2 Tbsp	Cook macaroni according to directions on p. 369. Drain.
Margarine Flour, all-purpose Salt Dry mustard Worcestershire sauce	12 oz 8 oz 2 Tbsp 1 Tbsp ¼ cup	Melt margarine. Stir in flour and seasonings. Cook 5–10 minutes.
Milk	1 gal	Add milk gradually, stirring constantly with wire whip. Cook until thickened.
Cheddar cheese, sharp, shredded	4 lb	Add cheese to sauce. Stir until cheese melts. Pour over macaroni and mix carefully. Scale into two greased 12 × 20 × 2-inch baking pans, 12 lb per pan.
Bread crumbs Margarine, melted	1 lb 6 oz	Mix crumbs and melted margarine. Sprinkle over macaroni and cheese, 8 oz per pan. Bake at 350°F for about 20 minutes, until 180°F.

Approximate nutritive values per portion **Calories** 456

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 25 g	**38%**	**Cholest.** 51 mg	**17%**	**Total Carb.** 40 g	**13%**	**Vitamin A**	**18%**	**Calcium**	**40%**
Sat. Fat 12 g	**58%**	**Sodium** 790 mg	**33%**	Fiber 2 g	**8%**	**Vitamin C**	**5%**	**Iron**	**13%**
Protein 18 g				Sugars 5 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- For variety, use rotini, shells, or other shapes of pasta.
- A combination of Swiss and mozzarella cheese may be substituted for some or all of the cheddar cheese.

Variation

- **Macaroni, Cheese, and Ham.** Add 3 lb chopped ham, 1 lb 8 oz per pan. Reduce salt to 1 Tbsp.

HERBED FETTUCCINE

Yield: 50 portions   *Portion:* 4 oz

Ingredient	Amount	Procedure
Margarine Garlic, minced	1 lb 10 oz 6 cloves	Melt margarine in steam-jacketed or other kettle. Add garlic and cook until golden. Save for later step.
Cream cheese, softened	3 lb 4 oz	Mix cream cheese on medium speed until fluffy, using flat paddle.
Parsley, fresh, minced Basil, dried, crumbled Pepper, black Salt	½ cup 2 Tbsp 1 tsp 2 tsp	Blend into cream cheese.
Water, boiling	1 qt	Add water gradually to cream cheese mixture. Mix until smooth. Add margarine and garlic. Mix until smooth.
Fettuccine Water, boiling Salt Vegetable oil	1 lb 12 oz (AP) 2 gal 1½ oz 2 Tbsp	Cook fettuccine according to directions on p. 369. Drain.
		Place 2 lb 12 oz cooked fettuccine in each of two 12 × 10 × 4-inch counter pans. Stir 3 lb 6 oz cream cheese sauce into each pan of hot pasta. Cover. Keep hot, approximately 180°F. Sprinkle with Parmesan cheese and snipped fresh parsley just before serving.

Approximate nutritive values per portion — **Calories** 272

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 23 g	**35%**	**Cholest.** 48 mg	**16%**	**Total Carb.** 12 g	**4%**	**Vitamin A**	**22%**	**Calcium**	**5%**
Sat. Fat 9 g	**45%**	**Sodium** 364 mg	**15%**	Fiber 0.4 g	**2%**	**Vitamin C**	**1%**	**Iron**	**8%**
Protein 5 g				Sugars 1 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Other fresh herbs may be substituted for parsley.

NOODLES ROMANOFF

Yield: 50 portions or 2 pans 12 × 20 × 2 inches *Portion:* 5 oz
Oven: 350°F *Bake:* 30 minutes

Ingredient	*Amount*	*Procedure*
Noodles Water, boiling Salt Vegetable oil (optional)	3 lb 3 gal 3 oz 1 Tbsp	Cook noodles according to directions on p. 369. Drain.
Margarine Onions, chopped	10 oz 6 oz	Sauté onions in margarine until tender.
Flour, all-purpose Salt Garlic powder	4 oz 1 oz (1½ Tbsp) ¼ tsp	Add flour and seasonings to onions, stirring constantly. Cook 5–10 minutes.
Milk	1¼ qt	Add milk gradually to flour mixture, stirring constantly. Cook until thickened.
Parmesan cheese, grated Cottage cheese Sour cream Paprika	4 oz 2 lb 8 oz 2½ cups 1 Tbsp	Add cheese, sour cream, and paprika to sauce. Combine hot noodles and sauce.
Cheddar cheese, shredded	8 oz	Scale pasta mixture into two 12 × 10 × 2-inch counter pans, 8 lb per pan. Sprinkle with cheese, 4 oz per pan. Bake at 350°F for approximately 30 minutes or until heated to 180°F.

Approximate nutritive values per portion **Calories** 247

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 12 g	19%	**Cholest.** 44 mg	15%	**Total Carb.** 24 g	8%	**Vitamin A**	12%	**Calcium**	17%
Sat. Fat 5 g	26%	**Sodium** 502 mg	21%	Fiber 1 g	3%	**Vitamin C**	1%	**Iron**	10%
Protein 10 g				Sugars 2 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Linguine or other pasta may be substituted for the noodles.

PASTA WITH CLAM SAUCE

Yield: 50 portions *Portion:* 6 oz sauce + 4 oz pasta

Ingredient	*Amount*	*Procedure*
Margarine Flour, all-purpose	1 lb 8 oz 1 lb	Melt margarine in a large kettle. Stir in flour and cook for 5–10 minutes.
Milk, hot Salt Nutmeg	6½ qt 2 oz ½ tsp	Add milk and seasonings to flour-margarine mixture, while stirring. Heat to boiling.
Light cream (half and half)	1½ qt	Reduce heat. Add cream slowly and continue to cook until thickened.
Minced clams	2 lb	Stir clams into sauce. Keep hot, 180°F.
Pasta Water, boiling Salt Vegetable oil (optional)	5 lb 5 gal 5 oz 3 Tbsp	Cook pasta according to directions on p. 369. Serve 6 oz sauce over 4 oz pasta.

Approximate nutritive values per portion **Calories** 435

Amount/portion	**%DV**	**Amount/portion**	**%DV**	**Amount/portion**	**%DV**		**%DV**		**%DV**
Total Fat 21 g Sat. Fat 7 g **Protein** 15 g	**32%** **37%**	**Cholest.** 77 mg **Sodium** 893 mg	**26%** **37%**	**Total Carb.** 47 g Fiber 1 g Sugars 8 g	**16%** **6%**	**Vitamin A** **Vitamin C**	**18%** **2%**	**Calcium** **Iron**	**27%** **35%**

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Clam sauce is excellent served on whole wheat pasta.
- 2 oz chopped green onion tops, 2 oz chopped chives, or 6 oz sliced mushrooms may be added for variety and color.
- Reduce fat by substituting milk for the light cream.

Variations

- **Pasta with Cheese Sauce.** Delete salt, nutmeg, and clams. Reduce margarine to 1 lb, flour to 12 oz, milk to 5 qt, and cream to 1 qt. Stir in 4 oz chicken base. Add 2 oz Parmesan cheese, 8 oz provolone cheese, and 4 oz shredded Swiss cheese, and stir until melted. Thin with hot milk if sauce becomes too thick.
- **Pasta with Shrimp Sauce.** Substitute 4 lb cooked salad shrimp for the clams.

PASTA PRIMAVERA

Yield: 50 portions *Portion:* 5 oz sauce + 4 oz pasta

Ingredient	*Amount*	*Procedure*
Carrots, fresh	1 lb	Cut carrots into thin julienne strips 1½ inches long. Steam until tender-crisp. Drain. Save for later step.
Broccoli cuts	1 lb	Steam broccoli until tender-crisp. Drain. Save for later step.
Margarine, melted Onion, chopped Garlic, minced	12 oz 4 oz 4 cloves	Add onion and garlic to melted margarine. Cook until onions are tender.
Flour, all-purpose	12 oz	Add flour. Stir with wire whip until flour is mixed in. Cook for 5 minutes, stirring often.
Water Milk Chicken base	2¾ qt 2½ qt 4 oz	Combine water, milk, and chicken base and gradually add to roux, stirring with wire whip. Cook, stirring often, until thickened and no starchy flavor remains.
Parsley, fresh, snipped Basil, dried, crumbled Ham, diced, ½-inch cubes Frozen peas Mushrooms, sliced	2½ cups ½ cup 1 lb 8 oz 10 oz 8 oz	Add to hot sauce. Add carrots and broccoli cuts. Keep hot, 180°F. Thin as needed with hot milk or chicken stock.
Pasta Water, boiling Salt Vegetable oil	5 lb 5 gal 5 oz 3 Tbsp	Cook pasta according to directions on p. 369. Drain. Serve 5 oz sauce over 4 oz pasta, accompanied by Parmesan cheese.

Approximate nutritive values per portion **Calories** 337

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 12 g	19%	**Cholest.** 59 mg	20%	**Total Carb.** 43 g	14%	**Vitamin A**	37%	**Calcium**	13%
Sat. Fat 4 g	18%	**Sodium** 683 mg	28%	Fiber 2 g	7%	**Vitamin C**	21%	**Iron**	21%
Protein 13 g				Sugars 5 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Vegetable base may be substituted for chicken base.
- ½ oz (¼ cup) dehydrated onion, rehydrated in ½ cup water, may be substituted for fresh onion.

SWISS BROCCOLI PASTA

Yield: 50 portions *Portion:* 4 oz sauce + 4 oz pasta

Ingredient	*Amount*	*Procedure*
Broccoli cuts	1 lb 12 oz	Steam broccoli until tender-crisp. (Do not overcook.) Drain. Save for later step.
Margarine, melted Flour, all-purpose	8 oz 8 oz	Combine melted margarine and flour in steam-jacketed or other kettle. Stir and cook until smooth (5–10 minutes).
Milk	3¼ qt	Add milk gradually. Cook over low heat, stirring constantly, until thick. Do not boil. Turn off heat.
Swiss cheese, shredded Nutmeg, ground	3 lb 4 oz ¼ tsp	Add cheese to hot sauce and stir until melted. Stir in nutmeg.
Mushrooms, sliced, canned, drained	1 lb	Stir in mushrooms and broccoli. Keep hot, 180°F.
Pasta Water, boiling Salt Vegetable oil	5 lb 5 gal 5 oz 3 Tbsp	Cook pasta according to directions on p. 369. Drain. Serve 4 oz sauce over 4 oz pasta. Thin sauce as necessary with hot milk.

Approximate nutritive values per portion **Calories** 381

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 16 g	**25%**	**Cholest.** 79 mg	**26%**	**Total Carb.** 41 g	**14%**	**Vitamin A**	**18%**	**Calcium**	**49%**
Sat. Fat 8 g	**39%**	**Sodium** 1312 mg	**55%**	Fiber 2 g	**6%**	**Vitamin C**	**10%**	**Iron**	**17%**
Protein 18 g				Sugars 5 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.

Variation

- **Ham and Swiss Broccoli Pasta.** Omit nutmeg. Reduce cheese to 2 lb 8 oz, broccoli to 1 lb, and mushrooms to 8 oz. Add 2 lb diced ham and 8 oz diced green pepper.

LASAGNA FLORENTINE (WITH FROZEN LASAGNA NOODLE SHEETS)

Yield: 48 portions *Portion:* 10 oz
Oven: 350°F

Ingredient	*Amount*	*Procedure*
Chopped spinach, thawed	3 lb 8 oz (AP) (3 lb EP)	Steam spinach until just cooked. Drain well. Check weight after steaming. Need 3 lb chopped spinach for a later step.
Vegetable oil Onions, chopped Green peppers, chopped Garlic, minced	½ cup 1 lb 4 oz (EP) 12 oz (EP) 2 oz (EP)	Heat oil to 350°F in steam-jacketed or other large kettle. Sauté vegetables until tender.
Chopped tomatoes (canned) Tomato juice Tomato paste Sugar Parsley, minced Oregano leaves, dried Bay leaves Basil leaves, dried	5 lb 12 oz 2¼ qt 1 qt 2 Tbsp 1¾ oz 2 tsp 4 leaves 2 tsp	Stir tomato products, sugar, and herbs into sautéed vegetables. Bring to a boil. Reduce heat and simmer uncovered for 25 minutes.
Cottage cheese, cream style Parmesan cheese, grated Eggs Salt Pepper, black	5 lb 1 lb 9 oz 1 Tbsp 1 Tbsp	Combine cheeses, eggs, and spices. Mix with spinach reserved from earlier step. Mix well.
Frozen lasagna sheets Mozzarella cheese, shredded Parmesan cheese, grated	6 lb 2 lb 14 oz 4 oz	Layer into two 12 × 20 × 2-inch pans according to following directions for each pan: 1. Tomato sauce: 1 qt + ½ cup 2. Lasagna sheets: 1 lb 8 oz (6 sheets) 3. Spinach mixture: 2 lb 5 oz 4. Mozzarella cheese: 11 oz 5. Repeat steps 1 through 4 6. Tomato sauce: 1 qt 7. Parmesan cheese: 2 oz
		Bake at 350°F for 1–1½ hours. Cover with foil if browning too quickly. End-point temperature should be 180°–190°F. Let set 10–15 minutes after removing from the oven. Do not cover. Cut 4 × 6.

Approximate nutritive values per portion **Calories** 390

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 16 g	25%	**Cholest.** 63 mg	21%	**Total Carb.** 36 g	12%	**Vitamin A**	65%	**Calcium**	38%
Sat. Fat 8 g	41%	**Sodium** 1065 mg	44%	Fiber 3.5 g	14%	**Vitamin C**	51%	**Iron**	13%
Protein 25 g				Sugars 5.7g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once, discard if not used.

SPINACH LASAGNA (DEEP DISH)

Yield: 64 portions or 2 pans 12 × 20 × 4 inches *Portion:* 10 oz
Oven: 350°F *Bake:* 1½–2 hours

Ingredient	*Amount*	*Procedure*
Onions, chopped	1 lb 8 oz	Sauté vegetables in hot oil.
Green pepper, chopped	12 oz	
Garlic, minced	2 oz	
Vegetable oil	½ cup	
Tomatoes, diced, canned	8 lb	Stir tomato and seasonings into sautéed vegetables. Simmer uncovered for about 20 minutes.
Tomato juice	3 qt	Remove bay leaves. Use sauce in layering steps.
Tomato paste	2 lb 8 oz	
Parsley, chopped	3 oz	
Oregano, dried, crumbled	1 Tbsp	
Basil, dried, crumbled	1 Tbsp	
Bay leaves	2	
Spinach, chopped	3 lb	Cook spinach. Drain.
Cottage cheese	5 lb	Mix. Add to spinach.
Parmesan cheese, grated	1 lb	
Eggs, beaten	5 (8 oz)	
Salt	1 Tbsp	
Pepper, black	2 tsp	
Lasagna noodles, dry	5 lb	See the following directions for layering.
Mozzarella cheese, shredded	3 lb 12 oz	

Layer ingredients in each of two 12 × 20 × 4-inch pans as follows:

1. Tomato sauce, 3 lb 4 oz
2. Dry noodles, 13 oz
3. Spinach-cheese mixture, 2 lb 5 oz
4. Mozzarella cheese, 11 oz
5. Repeat layers 1 through 4
6. Dry noodles, 13 oz
7. Tomato sauce, 3 lb 4 oz
8. Mozzarella cheese, 8 oz

Bake at 350°F covered with aluminum foil for approximately 1 hour, or until internal temperature reaches 180°F. Remove foil and bake an additional 30–60 minutes or until hot and bubbly. If browning too fast, cover again with foil. Let set for 15–20 minutes before cutting. Cut 4 × 8.

Approximate nutritive values per portion **Calories** 346

Amount/portion	**%DV**	**Amount/portion**	**%DV**	**Amount/portion**	**%DV**		**%DV**		**%DV**
Total Fat 13 g	**21%**	**Cholest.** 80 mg	**27%**	**Total Carb.** 37 g	**12%**	**Vitamin A**	**36%**	**Calcium**	**32%**
Sat. Fat 7 g	**34%**	**Sodium** 902 mg	**38%**	Fiber 4 g	**14%**	**Vitamin C**	**63%**	**Iron**	**20%**
Protein 20 g				Sugars 5g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Frozen lasagna noodle sheets may be used. Reduce diced tomatoes to 5 lb 8 oz, tomato juice to 2¼ qt, and tomato paste to 2 lb. Replace dry noodles with 6 lb frozen lasagna sheets, using 3 lb per pan.
- 3¾ oz (1¾ cups) dehydrated onions, rehydrated in 3 cups water, may be substituted for fresh onions.

LASAGNA

Yield: 48 portions or 2 pans 12 × 20 × 2 inches *Portion:* 6 oz
Oven: 350°F *Bake:* 45 minutes–1 hour

Ingredient	*Amount*	*Procedure*
Ground beef Onions, finely chopped Garlic, minced	5 lb (AP) 12 oz 2 cloves	Cook beef, onion, and garlic until meat reaches an internal temperature of 155°F. Drain off fat.
Tomato sauce Tomato paste Pepper, black Basil, dried, crumbled Oregano, dried, crumbled	3 qt 1 qt 1 tsp 1 tsp 1 Tbsp	Add tomato and seasonings to meat. Simmer for about 30 minutes, stirring occasionally.
Noodles, lasagna Water, boiling Salt Vegetable oil	2 lb 8 oz 2 gal 2 oz 2 Tbsp	Cook noodles according to directions on p. 369. Store in cold water to keep noodles from sticking. Drain when ready to use.
Mozzarella cheese, shredded Parmesan cheese, grated Ricotta cheese or cottage cheese, dry or drained	2 lb 8 oz 6 oz 2 lb 8 oz	Combine cheeses. Arrange in two greased 12 × 20 × 2-inch counter pans in layers in the following order: Meat sauce, 1 qt Noodles, overlapping, 1 lb 12 oz Cheeses, 1 lb 4 oz Repeat sauce, noodles, and cheese. Spoon remainder of meat sauce on top. Bake at 350°F for 45 minutes–1 hour. Let stand 15–20 minutes before cutting. Cut 4 × 6.

Approximate nutritive values per portion **Calories** 329

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 16 g	**25%**	**Cholest.** 77 mg	**26%**	**Total Carb.** 26 g	**9%**	**Vitamin A**	**21%**	**Calcium**	**25%**
Sat. Fat 8 g	**41%**	**Sodium** 1205 mg	**50%**	Fiber 2 g	**8%**	**Vitamin C**	**29%**	**Iron**	**16%**
Protein 20 g				Sugars 1 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

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- 1½ oz (¾ cup) dehydrated onions, rehydrated in 1 cup water, may be substituted for fresh onions.

LASAGNA (WITH FROZEN LASAGNA NOODLE SHEETS)

Yield: 48 portions *Portion:* 8 oz
Oven: 350°F *Bake:* 1½ hours

Ingredient	*Amount*	*Procedure*
Ground beef	5 lb (AP) (3 lb EP)	Cook beef, onion, and garlic until meat reaches an internal temperature of 155°F.
Onions, finely chopped	2 lb 12 oz (EP)	
Garlic, minced	1 oz (EP)	
Chopped tomatoes (canned)	3 qt	Add tomatoes, seasonings, and herbs to ground beef mixture. Simmer uncovered for 45 minutes.
Tomato puree	3 cups	
Tomato paste	4½ cups	
Salt	2 oz	
Pepper, black	1 tsp	
Oregano leaves, dried	3 Tbsp	
Basil leaves, dried	3 Tbsp	
Parsley, chopped (fresh)	1½ oz	
Frozen lasagna sheets	3 lb	Layer into two 12 × 20 × 2-inch pans according to the following directions for each pan: 1. Meat sauce: 2 lb 2. Lasagna sheets: 12 oz (3 sheets) 3. Cottage cheese: 1 lb 5 oz 4. Parmesan cheese: 2½ oz 5. Mozzarella cheese: 12 oz 6. Meat sauce: 2 lb 8 oz 7. Repeat steps 2–6 8. Mozzarella cheese: 8 oz
Mozzarella cheese, shredded	4 lb	
Cottage cheese, cream style	5 lb 8 oz	
Parmesan cheese, grated	10 oz	
		Cover with foil. Bake at 350°F for 1–1½ hours. Uncover 20–30 minutes. Before cutting, let set 10–15 minutes after removing from the oven. Do not cover. Cut 4 × 6.

Approximate nutritive values per portion **Calories** 440

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 18 g	**27%**	**Cholest.** 70 mg	**23%**	**Total Carb.** 37g	**12%**	**Vitamin A**	**22%**	**Calcium**	**34%**
Sat. Fat 9g	**46%**	**Sodium** 1100 mg	**46%**	Fiber 3.4 g	**14%**	**Vitamin C**	**27%**	**Iron**	**18%**
Protein 33 g				Sugars 8 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

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BASIL AND PARMESAN BOWS WITH SUGAR SNAP PEAS

Yield: 50 entrees or 100 accompaniment portions *Portion:* 8 oz (entree) or 4 oz (accompaniment)

Ingredient	*Amount*	*Procedure*
Pasta, bow tie shape Water, boiling Salt Vegetable oil	11 lb 11 gal 11 oz ⅓ cup	Cook pasta according to directions on p. 369. Drain. Save for later step.
Olive oil Red pepper, crushed	1½ cup ¼ tsp	Heat oil to 350°F in tilting fry pan or steam-jacketed kettle. Add red pepper.
Sugar snap peas (fresh or frozen) Garlic, minced	4 lb 8 oz (EP) 2 oz (EP)	Sauté garlic and sugar snap peas in hot oil just until peas are tender-crisp. Add peas to pasta. Stir carefully to mix. Take up into four 12 × 20 × 4-inch pans.
Parmesan cheese, freshly shredded Fresh basil, chopped	2 lb 2 oz	Sprinkle 8 oz cheese and approximately ½ cup fresh basil on each pan. Toss to blend.

Approximate nutritive values per portion (Entree Portion) **Calories** 270

Amount/portion	**%DV**	**Amount/portion**	**%DV**	**Amount/portion**	**%DV**		**%DV**		**%DV**
Total Fat 13 g	**20%**	**Cholest.** 38 mg	**13%**	**Total Carb.** 28 g	**9%**	**Vitamin A**	**14%**	**Calcium**	**22%**
Sat. Fat 4.5 g	**22%**	**Sodium** 242 mg	**10%**	Fiber 3.4 g	**14%**	**Vitamin C**	**13%**	**Iron**	**10%**
Protein 11 g				Sugars 4.9 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once, discard if not used.
- Basil oil can be substituted for olive oil. Basil Oil can be purchased or made by combining ½ cup olive oil, 1 cup vegetable oil, and 1 tsp dried basil leaves. Store covered in refrigerator for 24 hours before using.

GARLIC AND RED PEPPER PENNE

Yield: 50 entrees or 100 accompaniment portions *Portion:* 8 oz (entree) or 4 oz (accompaniment)

Ingredient	*Amount*	*Procedure*
Penne Water, boiling Salt	12 lb 12 gal 12 oz	Cook according to directions on p. 369. Drain.
Olive oil Red pepper, crushed Garlic cloves, minced Basil, dried	2 cups 1 Tbsp 12 oz (EP) ¼ cup	Sauté red pepper, garlic, and basil in oil. Mix with drained pasta.
Fresh parsley, chopped Salt	6 oz 2 tsp	Add parsley and salt to pasta. Toss to mix. Keep warm, 160°F.

Approximate nutritive values per portion (Entree Portion) **Calories** 225

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 8.7 g	13%	**Cholest.** 0 mg	0%	**Total Carb.** 30 g	10%	**Vitamin A**	2%	**Calcium**	4%
Sat. Fat 1 g	6%	**Sodium** 123 mg	5%	Fiber 1.6 g	6%	**Vitamin C**	11%	**Iron**	11%
Protein 5.4 g				Sugars 3.8 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note
- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once, discard if not used.

Variation
- **Lemon and Herb Penne.** Mix together 1 cup freshly squeezed lemon juice, 1 lb fresh minced parsley, 5 Tbsp dried basil, and 1 Tbsp black pepper. Toss herb-lemon mixture with 12 lb cooked penne pasta. Drizzle 2 cups olive oil over pasta and mix. Stir in 2 lb freshly grated Parmesan cheese.

ROASTED EGGPLANT AND CHICKPEA RAGOUT ON PENNE

Yield: 50 portions *Portion:* 6 oz sauce + 4 oz penne pasta
Oven: 400°F

Ingredient	*Amount*	*Procedure*
Eggplant, unpeeled, ¾-inch cubes	5 lb (EP)	Gently mix eggplant with 1½ Tbsp of salt. Let drain in colander for 30 minutes. Rinse eggplant well, two or three times. Dry on paper towel.
Olive oil	2 oz	Place eggplant in bowl. Pour oil over eggplant and mix to coat. Place eggplant in a single layer on a baking sheet. Roast at 400°F for 10–12 minutes, turning once halfway through. Reserve for later step.
Olive oil Red bell peppers, ½-inch dice Yellow bell peppers, ½-inch dice Green bell peppers, ½-inch dice Onions, ½-inch dice Garlic, minced Tumeric Crushed red pepper	2 oz 12 oz (EP) 8 oz (EP) 12 oz (EP) 2 lb 4 oz (EP) 2 oz (EP) 1 tsp ¼ tsp	Heat oil to 350°F in tilting or other large fry pan. Add vegetables, tumeric, and red pepper to oil. Sauté vegetables for 5 minutes.
Tomato paste Water	5 oz 8 oz	Add tomato paste and water to vegetables. Cook and stir until most of the liquid has been absorbed.
Diced tomatoes (canned) Garbanzo beans, drained (canned)	2 lb 4 oz 3 lb 10 oz (EP)	Add tomatoes and beans to vegetable mixture. Stir in eggplant reserved from earlier step.
Dried thyme leaves Salt Dried parsley Dried basil leaves Water	2½ tsp 1 oz 6 Tbsp 1 Tbsp 1¾ qt	Add spices and water to eggplant mixture. Simmer stirring occasionally until mixture has thickened and vegetables are tender (15–20 minutes). Take up into serving pans and cover.
Penne Water Salt Vegetable oil (optional)	6 lb 6 gal 6 oz 3 Tbsp	Cook penne according to directions on page 369. Drain. Serve 6 oz ragout over 4 oz pasta.

Approximate nutritive values per portion **Calories** 250

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 5 g	8%	**Cholest.** 53 mg	18%	**Total Carb.** 43 g	14%	**Vitamin A**	6%	**Calcium**	4%
Sat. Fat 1 g	5%	**Sodium** 431 mg	18%	Fiber 4.7 g	19%	**Vitamin C**	58%	**Iron**	15%
Protein 9 g				Sugars 3.1 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

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- A frozen pepper blend can be substituted for the green, red, and yellow peppers.

RIGATONI AND SPINACH

Yield: 50 entrees or 100 accompaniment portions *Portion:* 8 oz (entree) or 4 oz (accompaniment)

Ingredient	*Amount*	*Procedure*
Rigatoni Water Salt Vegetable oil (optional)	8 lb 8 gal 8 oz ¼ cup	Cook pasta according to directions on p. 369. Drain. Reserve pasta for later step.
Basil oil (see Notes) Onion, chopped Garlic, minced Crushed red pepper	1½ cups 8 oz (EP) 8 oz (EP) 5 tsp	Heat oil to 350°F in steam-jacketed or other large kettle. Sauté onion and garlic until tender. Stir in red pepper.
Water Vegetable base Fresh spinach, coarsely chopped Vegetable oil	2 cups 1 oz 3 lb 4 oz (EP) ¼ cup	Dissolve base in water. Add liquid, spinach, and oil to garlic-onion mixture. Cook only until spinach is wilted. Stir spinach mixture into pasta (reserved from earlier step).
Parmesan cheese, grated	2 lb	Stir 1 lb Parmesan cheese into pasta. Serve the remainder of the cheese as a condiment.

Approximate nutritive values per portion (Entree Portion) **Calories** 255

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 13 g	20%	**Cholest.** 14 mg	5%	**Total Carb.** 22 g	7%	**Vitamin A**	24%	**Calcium**	30%
Sat. Fat 4.3 g	22%	**Sodium** 457 mg	19%	Fiber 1.8 g	7%	**Vitamin C**	17%	**Iron**	11%
Protein 12 g				Sugars 2.7 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

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- Basil Oil can be purchased or made by combining ½ cup olive oil, 1 cup vegetable oil, and ½ tsp dried basil leaves. Store covered in refrigerator for 24 hours before using.

BAKED ZITI WITH FOUR CHEESES

Yield: 48 portions or 2 pans 12 × 20 × 4 inches *Portion:* 8 oz
Oven: 350°F *Bake:* 20–25 minutes

Ingredient	*Amount*	*Procedure*
Tomatoes, canned, crushed	5½ qt	Combine tomatoes and seasonings in steam-jacketed kettle.
Tomato puree	1 qt	Cover and simmer about 10 minutes.
Onion, finely chopped	3 oz	Turn off heat.
Basil, dried, crumbled	1 Tbsp	
Oregano, dried, crumbled	2 tsp	
Parsley, fresh, minced	4 oz	
Pepper, black	½ tsp	
Salt	1 oz (1½ Tbsp)	
Ziti	3 lb	Cook according to directions on p. 369. Drain.
Water	3 gal	Cooked yield should be about 6 lb 6 oz.
Salt	3 oz	
Vegetable oil (optional)	2 Tbsp	
Cottage cheese	3 lb	Layer as follows into two 12 × 20 × 4-inch pans:
Mozzarella cheese, shredded	1 lb 8 oz	1. 2 lb sauce 2. 1 lb 10 oz cooked ziti
Swiss cheese, shredded	1 lb 8 oz	3. 12 oz cottage cheese 4. 6 oz mozzarella cheese 5. 6 oz Swiss cheese Repeat steps 1–5. Smooth 2 lb sauce over top.
Parsley, fresh, minced	4 oz	Sprinkle 2 oz parsley over sauce. Sprinkle 8 oz provolone cheese over parsley.
Provolone cheese, shredded	1 lb	Cover. Bake at 350°F for 20–25 minutes or until 180°F and cheese melts.

Approximate nutritive values per portion **Calories** 302

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 13 g	**20%**	**Cholest.** 62 mg	**21%**	**Total Carb.** 29 g	**10%**	**Vitamin A**	**23%**	**Calcium**	**35%**
Sat. Fat 7 g	**36%**	**Sodium** 1372 mg	**57%**	Fiber 2 g	**8%**	**Vitamin C**	**50%**	**Iron**	**14%**
Protein 18 g				Sugars 4 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

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PASTA WITH VEGETABLE SAUCE

Yield: 50 portions or 2½ gal sauce *Portion:* 6 oz sauce + 4 oz pasta

Ingredient	*Amount*	*Procedure*
Onions, chopped Olive oil	2 lb 1 cup	Sauté onion in oil until tender, using a steam-jacketed or other large kettle.
Oregano, dried, crumbled Basil, dried, crumbled Pepper, black Garlic powder Salt Bay leaves	¼ cup ½ oz (½ cup) 1 Tbsp 1 Tbsp 1 oz (1½ Tbsp) 2	Add spices to onion. Mix well.
Tomato juice Tomato paste	5 46-oz cans 1 lb 12 oz	Add tomato juice and paste to spices and onion. Heat to boiling. Reduce heat and simmer uncovered for 15–20 minutes. Remove bay leaves.
Zucchini, sliced Mushrooms, sliced	2 lb 8 oz 1 lb 8 oz	Add zucchini and mushrooms just before serving. Cook only until zucchini is tender. Keep hot, 180°F.
Pasta Water, boiling Salt Vegetable oil (optional)	5 lb 5 gal 5 oz 3 Tbsp	Cook pasta according to directions on p. 369. Serve 6 oz sauce over 4 oz pasta.

Approximate nutritive values per portion **Calories** 263

Amount/portion	**%DV**	**Amount/portion**	**%DV**	**Amount/portion**	**%DV**		**%DV**		**%DV**
Total Fat 7 g	**10%**	**Cholest.** 43 mg	**14%**	**Total Carb.** 44 g	**15%**	**Vitamin A**	**15%**	**Calcium**	**6%**
Sat. Fat 1 g	**5%**	**Sodium** 1030 mg	**43%**	Fiber 4 g	**16%**	**Vitamin C**	**55%**	**Iron**	**25%**
Protein 9 g				Sugars 7 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

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- 2 cups finely chopped fresh basil may be substituted for dried basil.
- 4 oz (2 cups) dehydrated onions, rehydrated in 3 cups water, may be substituted for fresh onions.

Variations

- **Italian Sausage Pasta.** Delete olive oil, salt, and zucchini. Brown 5 lb bulk Italian sausage in steam-jacketed kettle. Drain. Add onions to sausage and continue to cook until onions are tender. Add spices, tomato juice, and tomato paste. Simmer for 15–20 minutes. Add meat sauce to 6 lb 8 oz cooked pasta (approximately 3 lb AP) and mix gently. Be careful not to overcook pasta. Scale 12 lb per 12 × 20 × 2-inch pan. Sprinkle 1 lb shredded mozzarella cheese over each pan and place in low oven until cheese is melted. Suggested pasta combination: 1 lb (AP) rotini, 1 lb (AP) bow ties, 1 lb (AP) rigatoni.
- **Pizza Sauce.** Reduce olive oil to 4 oz. Delete zucchini and mushrooms. Increase tomato paste to 5 lb 8 oz and decrease tomato juice to 5¼ qt. Add 1 tsp fennel seed, 2 Tbsp sugar, 1 tsp paprika, and ¼ tsp cayenne. Spread 1 qt sauce on top of 18 × 26-inch pizza dough before adding toppings.
- **Sandwich Tomato Sauce.** Delete salt, zucchini, and mushrooms. Add 1 Tbsp sugar. Reduce olive oil to 1 Tbsp, onions to ½ cup, oregano to 1 tsp, basil to 1 Tbsp, pepper to ½ tsp, garlic powder to ½ tsp, bay leaf to 1 leaf, tomato juice to 1½ qt, and tomato paste to 1½ cups. Yield: 50 1-oz servings.

PASTA WHEELS AND VEGETABLES

Yield: 50 portions *Portion:* 4 oz

Ingredient	*Amount*	*Procedure*
Pasta wheels Water Salt Vegetable oil	5 lb 5 gal 5 oz 3 Tbsp	Cook according to directions on p. 369. Drain. (Should yield 10 lb cooked pasta.) Scale 3 lb 5 oz into each of three 12 × 10 × 4-inch counter pans.
Margarine, melted Basil, crumbled, dried	1 lb 3 Tbsp	Combine margarine and basil. Ladle 5 oz over each pan of pasta. Toss to coat. Keep hot.
Broccoli florets Sweet red pepper strips Carrot sticks, matchstick	1 lb 1 lb 6 oz	Steam vegetables separately until tender-crisp. To each pan of pasta, add 5 oz broccoli, 5 oz red peppers, and 2 oz carrots. Toss. Keep warm, 160° F.

Approximate nutritive values per portion **Calories** 247

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 9 g	14%	**Cholest.** 0 mg	0%	**Total Carb.** 35 g	12%	**Vitamin A**	14%	**Calcium**	3%
Sat. Fat 2 g	9%	**Sodium** 1202 mg	50%	Fiber 0.2 g	1%	**Vitamin C**	23%	**Iron**	11%
Protein 6 g				Sugars 2 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

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- Other vegetables and pasta may be substituted. Suggested vegetables: zucchini, summer squash, asparagus, bell peppers (green, yellow, or red). Suggested pasta: shells, mostaccioli, bow ties.
- May be served as a side dish with poultry or pork or, sprinkled with Parmesan or Romano cheese, as an entree.

Variations

- **Fettuccine with Herbed Butter Sauce.** Substitute fettuccine for pasta wheels. Omit vegetables. To the melted margarine, add 3 Tbsp dried basil leaves, 1 Tbsp dried thyme leaves, 1 cup snipped parsley, and ½ cup chopped chives. Toss pasta in margarine sauce. Serve hot.
- **Fettuccine with Pesto Sauce.** Cook and drain fettuccine. Toss with pesto sauce (2 oz pesto to 6 oz cooked pasta). If necessary, thin sauce with small amount of pasta water. Serve at once. May sprinkle with freshly grated Parmesan or Romano cheese and cracked black pepper.

CREOLE SPAGHETTI

Yield: 50 portions or 2 pans 12 × 20 × 2 inches *Portion:* 8 oz
Oven: 325°F *Bake:* 20–30 minutes

Ingredient	*Amount*	*Procedure*
Ground beef	7 lb (AP) (4 lb 10 oz EP)	Cook beef in steam-jacketed or other kettle until meat reaches 155°F. Drain off fat.
Onion, chopped Green pepper, chopped	8 oz 5 oz	Add onion and green pepper to meat. Cook until vegetables are tender.
Water Tomatoes, canned, diced Tomato puree Tomato paste	2 qt 2 qt 2 qt 1 qt	Add water, tomatoes, sauce, and puree to meat.
Salt Sugar, granulated Pepper, cayenne Garlic, fresh, minced Worcestershire sauce Bay leaves Thyme, ground Oregano, crumbled, dried	2 Tbsp 1 Tbsp 1 tsp 2 cloves ¼ cup 4 1 tsp 1 Tbsp	Add seasonings to meat mixture. Stir to blend. Simmer for 15 minutes. Remove bay leaves.
Spaghetti Water, boiling Salt Vegetable oil (optional)	2 lb (AP) (6 lb cooked) 3 gal 3 oz 2 Tbsp	Cook spaghetti according to directions on p. 369. Do not overcook.
Cheddar cheese, shredded	1 lb 4 oz	Combine hot sauce and hot cooked spaghetti. Pour into two 12 × 20 × 2-inch baking pans, 13 lb 12 oz per pan. Sprinkle cheese over top. Bake at 325°F for 20–30 minutes, 180°F internal temperature.

Approximate nutritive values per portion **Calories** 273

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 12 g	**19%**	**Cholest.** 53 mg	**18%**	**Total Carb.** 23 g	**8%**	**Vitamin A**	**16%**	**Calcium**	**12%**
Sat. Fat 6 g	**28%**	**Sodium** 767 mg	**32%**	Fiber 3 g	**12%**	**Vitamin C**	**56%**	**Iron**	**17%**
Protein 18 g				Sugars 3 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- 1 oz (½ cup) dehydrated onions, rehydrated in ¾ cup water, may be substituted for fresh onions.

VEGETARIAN SPAGHETTI

Yield: 50 portions or 1 pan 12 × 20 × 4 inches *Portion:* 8 oz

Ingredient	*Amount*	*Procedure*
Margarine, melted Flour, all-purpose	1 lb 12 oz	Combine margarine and flour in steam-jacketed kettle. Cook and stir until smooth. Cook 5 minutes, stirring frequently.
Milk	1 gal	Add milk gradually. Cook over low heat until thickened, stirring constantly. Turn off heat.
Salt American cheese, shredded	1 Tbsp 1 lb 6 oz	Add salt and cheese to sauce. Stir until cheese melts.
Carrots, sliced Green peppers, chopped Celery, chopped Broccoli, cut	1 lb 12 oz 8 oz 1 lb 1 lb	Steam vegetables until tender. Drain. Combine with cheese sauce.
Mushrooms, pieces and stems, canned	3 lb	Add mushrooms to sauce. Keep hot, 180°F.
Spaghetti Water, boiling Salt Vegetable oil	2 lb 12 oz 2¾ gal 3 oz 2 Tbsp	Cook spaghetti according to directions on p. 369. Drain. Combine cooked spaghetti gently with cheese sauce.

Approximate nutritive values per portion **Calories** 296

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 15 g	22%	**Cholest.** 22 mg	7%	**Total Carb.** 32 g	11%	**Vitamin A**	63%	**Calcium**	24%
Sat. Fat 6 g	28%	**Sodium** 684 mg	29%	Fiber 3 g	10%	**Vitamin C**	23%	**Iron**	13%
Protein 10 g				Sugars 6 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

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Variations

- **Garden Pasta.** Substitute 3 lb rotini for spaghetti. Omit green peppers and salt. Reduce mushrooms to 2 lb. Increase milk to 1¼ gal and cheese to 2 lb. Add 4 oz chicken base. Add 1 lb 8 oz cauliflower florets, steamed only until tender-crisp.
- **Spaghetti with Vegetarian Sauce.** Ladle 4 oz of sauce over 4 oz cooked spaghetti. Increase spaghetti to 5 lb AP for 50 servings.

SPAGHETTI WITH CHICKEN SAUCE

Yield: 50 portions *Portion:* 6 oz sauce + 4 oz spaghetti

Ingredient	*Amount*	*Procedure*
Margarine Celery, chopped Onions, chopped Green peppers, chopped	7 oz 1 lb 8 oz 1 lb 8 oz 2 oz	Sauté vegetables in margarine until tender-crisp.
Flour, all-purpose	10 oz	Stir in flour. Cook over low heat for 10 minutes.
Chicken stock (p. 598)	4¾ qt	Add stock to vegetable mixture, stirring constantly. Cook until thickened.
Salt Pepper, white	2 tsp 1 tsp	Season with salt and pepper.
Chicken, cooked, cubed Pimiento, chopped	7 lb 2 oz	Fold in chicken and pimiento. Keep hot, 180°F.
Spaghetti Water, boiling Salt Vegetable oil (optional)	5 lb 5 gal 5 oz 3 Tbsp	Cook spaghetti according to directions on p. 369. Serve 6 oz sauce over 4 oz spaghetti.

Approximate nutritive values per portion **Calories** 366

Amount/portion	**%DV**	**Amount/portion**	**%DV**	**Amount/portion**	**%DV**		**%DV**		**%DV**
Total Fat 10 g	**15%**	**Cholest.** 54 mg	**18%**	**Total Carb.** 40 g	**13%**	**Vitamin A**	**4%**	**Calcium**	**5%**
Sat. Fat 2 g	**12%**	**Sodium** 709 mg	**30%**	Fiber 2 g	**7%**	**Vitamin C**	**6%**	**Iron**	**22%**
Protein 27 g				Sugars 2 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

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- Sauce may be combined with spaghetti and served as a casserole.
- 3 oz (1½ cups) dehydrated onions, rehydrated in 2¼ cups water, may be substituted for fresh onions.

SPAGHETTI WITH MEAT SAUCE

Yield: 50 portions *Portion:* 6 oz sauce + 4 oz spaghetti

Ingredient	*Amount*	*Procedure*
Ground beef	8 lb AP	Brown beef until internal temperature reaches 155°F. Drain off fat.
Tomato puree (or tomatoes)	5 qt	Add remaining sauce ingredients to cooked beef.
Water	1 qt	Cook slowly, stirring frequently, until thickened, approximately ½ hour.
Tomato sauce	1¾ qt	Remove bay leaves before serving.
Onions, chopped	1 lb	Keep hot, 190°F.
Bay leaves	2	
Thyme, ground	1 tsp	
Garlic, minced	1 clove	
Oregano, dried, crumbled	1 Tbsp	
Basil, dried, crumbled	1 Tbsp	
Sugar, granulated	1 oz (2 Tbsp)	
Worcestershire sauce	¼ cup	
Pepper, cayenne	1 tsp	
Salt	1 oz (1½ Tbsp)	
Spaghetti	5 lb	Cook spaghetti according to directions on p. 369.
Water, boiling	5 gal	Serve 6 oz sauce over 4 oz spaghetti.
Salt	5 oz	
Vegetable oil	3 Tbsp	

Approximate nutritive values per portion **Calories** 371

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 11 g	**17%**	**Cholest.** 47 mg	**16%**	**Total Carb.** 48 g	**16%**	**Vitamin A**	**21%**	**Calcium**	**6%**
Sat. Fat 4 g	**20%**	**Sodium** 1090 mg	**45%**	Fiber 4 g	**16%**	**Vitamin C**	**71%**	**Iron**	**32%**
Protein 21 g				Sugars 2 g					

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Notes

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- Grated Parmesan cheese may be sprinkled over top of each serving.
- 2 oz (1 cup) dehydrated onions, rehydrated in 1½ cups water, may be substituted for fresh onions.

SPAGHETTI WITH MEATBALLS

Yield: 50 portions *Portion:* 3 2-oz or 2 3-oz meatballs + 4 oz spaghetti
Oven: 400°F, 350°F *Bake:* 15, 30 minutes

Ingredient	*Amount*	*Procedure*
MEATBALLS		
Ground beef	15 lb (AP)	Mix meat, bread crumbs, eggs, milk, and seasonings on low speed. Do not overmix.
Bread crumbs, dry	8 oz	Portion meat with No. 20 dipper onto baking sheets for 150 2-oz balls; use No. 12 dipper for 100 3-oz balls.
Eggs	16 (1lb 10 oz)	Brown in 400°F oven for 15–20 minutes, or until internal temperature reaches 155°F.
Milk	3¾ cups	Remove to 12 × 20 × 4-inch counter pan or roasting pan.
Salt	3 oz	
Pepper, black	4 tsp	
Basil, dried, crumbled	4 Tbsp	
Garlic, minced	6 cloves	
Parley, fresh chopped (optional)	3 cups	
SAUCE		
Italian Tomato Sauce p. 573	2 gal (1 recipe)	Make sauce according to directions. Pour over browned meatballs. Cover and cook in 350°F oven for about 30 minutes.
PASTA		
Spaghetti	5 lb	Cook spaghetti according to directions on p.369.
Water, boiling	5 gal	Serve 2 or 3 meatballs and 5 oz sauce over 4 oz spaghetti.
Salt	5 oz	
Vegetable oil	3 Tbsp	

Approximate nutritive values per portion **Calories** 550

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 24 g	**37%**	**Cholest.** 148 mg	**49%**	**Total Carb.** 50 g	**17%**	**Vitamin A**	**26%**	**Calcium**	**12%**
Sat. Fat 9 g	**45%**	**Sodium** 1962 mg	**82%**	Fiber 4 g	**15%**	**Vitamin C**	**43%**	**Iron**	**43%**
Protein 33 g				Sugars 3 g					

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Notes

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- If desired, mix the cooked spaghetti with the tomato sauce. Place in two counter pans, arrange meatballs over top, and bake at 375°F for 20–30 minutes.

HUNGARIAN GOULASH

Yield: 50 portions *Portion:* 6 oz goulash + 4 oz noodles

Ingredient	*Amount*	*Procedure*
Beef, cubed Onion, chopped Garlic, finely chopped Shortening	10 lb (AP) 1 lb 8 oz 1 clove 8 oz	Brown beef and vegetables in shortening in steam-jacketed kettle or tilting fry pan.
Sugar, brown Mustard, dry Paprika Pepper, cayenne Salt Worcestershire sauce Vinegar, cider Catsup Water	5 oz 1 Tbsp 1 oz (¼ cup) ⅛ tsp 2½ oz 1½ cups 2 Tbsp 1 qt 3 qt	Combine sugar, seasonings, and liquid ingredients. Add to browned meat. Cover container and simmer 1–2 hours or until meat is tender.
Flour, all-purpose Water, cold	1 lb 4 oz 1 qt	Mix flour and water until smooth. Add gradually to hot mixture and cook until thickened. Keep hot, 190°F.
Noodles Water, boiling Salt Vegetable oil	4 lb 8 oz 4½ gal 2 oz 3 Tbsp	Cook noodles according to directions on p. 369. Serve 6 oz goulash over 4 oz noodles.

Approximate nutritive values per portion **Calories** 390

Amount/portion	**%DV**	**Amount/portion**	**%DV**	**Amount/portion**	**%DV**		**%DV**		**%DV**
Total Fat 11 g	**16%**	**Cholest.** 90 mg	**30%**	**Total Carb.** 48 g	**16%**	**Vitamin A**	**8%**	**Calcium**	**6%**
Sat. Fat 3 g	**15%**	**Sodium** 1093 mg	**46%**	Fiber 2 g	**8%**	**Vitamin C**	**27%**	**Iron**	**33%**
Protein 24 g				Sugars 4 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Beef may be browned in a roasting pan in 450°F oven.
- 3 lb 8 oz dry rice, cooked, may be substitued for the noodles. See p. 399 for directions for cooking.
- 3 oz (1½ cups) dehydrated onions, rehydrated in 2¼ cups water, may be substituted for fresh onions.

CHICKEN TETRAZZINI

Yield: 50 portions or 2 pans 12 × 20 × 2 inches *Portion:* 8 oz
Oven: 350°F *Bake:* 30–40 minutes

Ingredient	Amount	Procedure
Cooked chicken Pimiento, chopped Parsley, chopped	6 lb 4 oz 2 Tbsp	Dice chicken. Add pimiento and parsley.
Spaghetti Water, boiling Salt Vegetable oil (optional)	3 lb (AP) (9 lb cooked) 3 gal 1 oz (1½ Tbsp) 2 Tbsp	Cook spaghetti according to directions on p. 369 Drain.
Margarine Onion, finely chopped Green peppers, chopped Mushrooms, sliced	6 oz 1 lb 4 oz 1 lb 8 oz	Sauté vegetables in margarine.
Flour, all-purpose Salt Pepper, black Chicken base	9 oz 1 tsp 1 tsp 3 oz	Blend flour and seasonings into sautéed vegetables. Stir in chicken base. Cook 5 minutes.
Water	1 gal	Add water, stirring constantly. Cook until thickened. Combine cooked spaghetti, chicken, and sauce. Scale into two greased 12 × 20 × 2-inch baking pans, 10 lb per pan.
Processed cheese, shredded	1 lb	Sprinkle 8 oz cheese over top of each pan. Bake at 350°F for 30-40 minutes or until internal temperature reaches 180°F and cheese is bubbly.

Approximate nutritive values per portion **Calories** 284

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 10 g	**16%**	**Cholest.** 54 mg	**18%**	**Total Carb.** 25 g	**8%**	**Vitamin A**	**5%**	**Calcium**	**8%**
Sat. Fat 3 g	**17%**	**Sodium** 500 mg	**21%**	Fiber 2 g	**7%**	**Vitamin C**	**8%**	**Iron**	**11%**
Protein 22 g				Sugars 2 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- 18–20 lb chickens AP will yield approximately 6 lb cooked meat.
- 2 oz (1 cup) dehydrated onions, rehydrated in 1½ cups water, may be substituted for fresh onions.

Variations

- **Tuna Tetrazzini.** Substitute tuna for chicken.
- **Turkey Tetrazzini.** Substitute turkey for chicken.

PASTA, BEEF, AND TOMATO CASSEROLE

Yield: 50 portions *Portion:* 8 oz

Ingredient	*Amount*	*Procedure*
Ground beef	10 lb (AP) (7 lb EP)	Cook meat in kettle until internal temperature reaches 155°F. Stir often to prevent lumps from forming. Drain off fat.
Onions, chopped Celery, chopped	6 oz 3 oz	Add onions and celery to meat. Cook until tender.
Tomatoes, canned, diced Tomato puree Chili sauce Salt Pepper, black Sugar, granulated	1½ gal 2 cups 3 cups 2 oz (3 Tbsp) 1½ tsp 2 Tbsp	Add tomatoes and seasonings to meat mixture. Simmer 45–60 minutes.
Macaroni, elbow Water, boiling Salt Vegetable oil	2 lb 8 oz 2½ gal 2 oz 2 Tbsp	Cook macaroni according to directions on p.369. Fold into tomato-meat mixture. Keep hot, 180°F.

Approximate nutritive values per portion **Calories** 313

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 13 g	**20%**	**Cholest.** 62 mg	**21%**	**Total Carb.** 27 g	**9%**	**Vitamin A**	**12%**	**Calcium**	**6%**
Sat. Fat 5 g	**24%**	**Sodium** 982 mg	**41%**	Fiber 1 g	**5%**	**Vitamin C**	**38%**	**Iron**	**23%**
Protein 22 g				Sugars 6 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Other pasta shapes may be substituted for macaroni.
- ¾ oz (⅓ cup) dehydrated onions, rehydrated in ¾ cup water, may be substituted for fresh onions.

BEEF, PORK, AND NOODLE CASSEROLE

Yield: 50 portions or 2 pans 12 × 20 × 2 inches *Portion:* 6 oz
Oven: 325°F *Bake:* 30 minutes

Ingredient	*Amount*	*Procedure*
Ground beef Ground pork Onion, finely chopped	4 lb (AP) 4 lb (AP) 1 lb	Brown meat and onion until internal temperature reaches 155°F. Drain off fat.
Tomato soup Water Salt Pepper, black	1½ qt 1½ qt 1 Tbsp 1 tsp	Mix soup, water, and seasonings. Add to meat and simmer for 10 minutes.
Noodles Water, boiling Salt Vegetable oil (optional)	1 lb 12 oz 1¼ gal 2 Tbsp 1 Tbsp	Cook noodles according to directions on p. 369. Drain.
Cheddar cheese, grated or ground	2 lb	Combine noodles, meat mixture, and cheese. Scale into two 12 × 20 × 2-inch pans, 8 lb 4 oz per pan.
Bread crumbs Margarine, melted	1 lb 2 oz 5 oz	Combine crumbs and margarine. Sprinkle over meat and noodle mixture, 10 oz per pan. Bake at 325°F for 30 minutes. Keep hot, 180°F.

Approximate nutritive values per portion **Calories** 332

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 18 g	**28%**	**Cholest.** 77 mg	**26%**	**Total Carb.** 21 g	**7%**	**Vitamin A**	**9%**	**Calcium**	**20%**
Sat. Fat 8 g	**40%**	**Sodium** 581 mg	**24%**	Fiber 1 g	**2%**	**Vitamin C**	**14%**	**Iron**	**17%**
Protein 20 g				Sugars 0 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- 2 oz (1 cup) dehydrated onions, rehydrated in 1½ cups water, may be substituted for fresh onions.

BEEF ON NOODLES

Yield: 50 portions *Portion:* 6 oz meat and sauce + 4 oz noodles

Ingredient	*Amount*	*Procedure*
Beef, cubed	15 lb (AP) (10 lb EP)	Brown beef in steam-jacketed or other kettle.
Onions, chopped Celery, chopped	2 lb 8 oz 1 lb 8 oz	Add onions and celery to meat. Sauté until vegetables are tender.
Water Pepper, black Worcestershire sauce	2 qt 1 Tbsp ½ cup	Add water and seasonings to meat-vegetable mixture. Simmer until beef is tender.
Flour, all-purpose Water Beef base	12 oz 1½ qt 5 oz	Make a smooth paste of flour, water, and beef base. Add to meat mixture to make a gravy. Cook until thickened. Keep hot, 180°F.
Noodles Water, boiling Salt Vegetable oil	4 lb (AP) (12 lb cooked) 4 gal 4 oz 2 Tbsp	Cook noodles according to directions on p. 369. Drain. Serve 6 oz beef and sauce over 4 oz cooked noodles.

Approximate nutritive values per portion **Calories** 381

Amount/portion	**%DV**	**Amount/portion**	**%DV**	**Amount/portion**	**%DV**		**%DV**		**%DV**
Total Fat 11 g	**16%**	**Cholest.** 122 mg	**41%**	**Total Carb.** 34 g	**11%**	**Vitamin A**	**1%**	**Calcium**	**4%**
Sat. Fat 4 g	**18%**	**Sodium** 237 mg	**10%**	Fiber 2 g	**7%**	**Vitamin C**	**11%**	**Iron**	**36%**
Protein 35 g				Sugars 2 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- 5 oz (2½ cups) dehydrated onions, rehydrated in 3¼ cups water, may be substituted for fresh onions.

RICE RECIPES

COOKING RICE

Yield: 50 portions *Portion:* 4 oz

Ingredient	*Amount*	*Procedure*
Rice, converted	3 lb 8 oz	Cook in steamer, oven, or in a stockpot or steam-jacketed kettle, according to directions that follow.
Salt	2 Tbsp	
Margarine or vegetable oil	2 Tbsp	
Water, hot	$4\frac{1}{4}$ qt	

Steamer

Weigh rice into a 12 × 20 × 2-inch counter pan. Add salt and margarine.
Pour boiling water over rice. Stir.
Steam uncovered for 30–40 minutes.
Fluff with fork.

Oven

Weigh rice into a 12 × 20 × 2-inch counter pan. Add salt and margarine.
Pour boiling water over rice. Stir.
Cover pans tightly with aluminum foil.
Bake at 350°F for 1 hour.
Remove from oven and let stand covered for 5 minutes.
Fluff with fork.

Stockpot or Steam-Jacketed Kettle (Boiled Rice)

Bring water to a boil in steam-jacketed kettle or other large kettle.
Add salt, rice, and margarine. Stir. Cover tightly.
Cook on low heat until rice is tender and all water is absorbed, about 15–20 minutes.
Remove from heat and let stand covered 5–10 minutes.
Fluff with fork.

Approximate nutritive values per portion — **Calories** 118

Amount/portion	**%DV**	**Amount/portion**	**%DV**	**Amount/portion**	**%DV**		**%DV**		**%DV**
Total Fat 1 g	1%	**Cholest.** 0 mg	0%	**Total Carb.** 25 g	8%	**Vitamin A**	0%	**Calcium**	0%
Sat. Fat 0 g	0%	**Sodium** 265 mg	11%	Fiber 0 g	0%	**Vitamin C**	0%	**Iron**	7%
Protein 2 g				Sugars 0 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- If using regular white rice in place of converted rice, the cooking time may need to be reduced.
- For brown rice, increase cooking time to 50–60 minutes for steamed rice, to $1\frac{1}{2}$ hours for baked rice, and to 40–50 minutes for boiled rice.
- For buttered rice, add 5 oz butter or margarine. Add to dry rice in counter pan. Add salt and hot water.
- 1 lb uncooked rice yields 2 qt cooked rice.
- Suggested spices to use with rice: allspice, basil, coriander, curry powder, ginger, marjoram, mint, oregano, rosemary, tarragon, thyme.

GINGER RICE

Yield: 50 portions *Portion:* 4 oz
Oven: 350°F *Bake:* 45 minutes

Ingredient	*Amount*	*Procedure*
Margarine Oil Onion, diced Garlic, minced Fresh ginger, peeled and minced Carrots, peeled and diced Cinnamon	½ cup ½ cup 1 lb (EP) 4 oz (EP) 4 oz (EP) 8 oz (EP) 1 tsp	Sauté vegetables and cinnamon in oil until vegetables begin to soften, 10–15 minutes.
Rice, converted	3 lb	Add uncooked rice to vegetables and stir over heat until completely coated with margarine and oil.
Salt Pepper, black Chicken stock (p. 598)	1 tsp ¼ tsp 1 gal	Place rice-vegetable mixture in a 12 × 20 × 4-inch counter pan. Add seasonings and chicken stock. Stir to combine. Cover tightly with aluminum foil.
		Bake at 350°F for 45 minutes; or steam uncovered 30 minutes. Stir before serving.

Approximate nutritive values per portion **Calories** 160

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 4.7 g	7%	**Cholest.** 0 mg	0%	**Total Carb.** 24.5 g	8%	**Vitamin A**	15%	**Calcium**	2%
Sat. Fat .8 g	4%	**Sodium** 320 mg	13%	Fiber .8 g	3%	**Vitamin C**	3%	**Iron**	8%
Protein 3.8 g				Sugars .7 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p.44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once, discard if not used.

GINGER RICE STIR-FRY

Yield: 50 portions *Portion:* 3 oz
Griddle: 300°F

Ingredient	*Amount*	*Procedure*
Rice, converted Water	3 lb 4 oz 3⅓ cups	Place 1 lb 10 oz rice and 1⅔ cups water in each of two 12 × 4 × 10-inch pans. Steam uncovered for 15 minutes or until all of the liquid has been absorbed. Rice will be firm.
Soy sauce Sugar, granulated Garlic powder Pepper, white Ginger, ground	1 cup 1 Tbsp 1 tsp 1 tsp 1 tsp	Mix together soy sauce and spices. Set aside.
Eggs Green onions, chopped	1 lb 12 oz 1 lb 8 oz	Grease griddle lightly with cooking oil. Preheat to 300°F. Place eggs on griddle. Spread thin, scramble, and chop into small pieces. Add chopped onions and continue to cook 3–4 minutes until onions are tender. Add steamed rice and blend well. Drizzle soy sauce mixture over rice. Cook, turning frequently until mixture reaches 160°F. Place in 12 × 10 × 4-inch pan. Serve 3 oz with No. 12 dipper.

Approximate nutritive values per portion **Calories** 141

Amount/portion	**%DV**	**Amount/portion**	**%DV**	**Amount/portion**	**%DV**		**%DV**		**%DV**
Total Fat 2 g	**3%**	**Cholest.** 68 mg	**23%**	**Total Carb.** 26 g	**9%**	**Vitamin A**	**3%**	**Calcium**	**2%**
Sat. Fat 1 g	**3%**	**Sodium** 353 mg	**15%**	Fiber 1 g	**2%**	**Vitamin C**	**0%**	**Iron**	**8%**
Protein 4 g				Sugars 0 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- If griddle is small, prepare in two batches. Use ½ cup soy sauce, 14 oz eggs, and 12 oz green onions for each pan of cooked rice.

FRIED RICE

Yield: 50 portions *Portion:* 3 oz

Ingredient	*Amount*	*Procedure*
Rice Water Salt	2 lb 8 oz 3 qt 2 tsp	Cook rice according to directions on p. 399. Do not overcook. Let cool.
Peas, frozen	1 lb 8 oz	Cook peas and drain. Set aside.
Eggs Salt Vegetable oil	6 (11 oz) 2 tsp 2 Tbsp	Break eggs into bowl and stir until yolks and whites are mixed. Add salt. Cook eggs in oil, stirring to break into small pieces. Set aside.
Onions, chopped Carrots, shredded Vegetable oil	1 lb 8 oz ¾ cup	Sauté onions and carrots in oil until tender. Add rice and cook until heated.
Soy sauce	1 cup	Add soy sauce to rice mixture, stirring to mix evenly. Stir in peas and eggs. Serve at once.

Approximate nutritive values per portion **Calories** 147

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 5 g	**7%**	**Cholest.** 27 mg	**9%**	**Total Carb.** 22 g	**7%**	**Vitamin A**	**14%**	**Calcium**	**2%**
Sat. Fat 1 g	**6%**	**Sodium** 513 mg	**21%**	Fiber 1 g	**3%**	**Vitamin C**	**4%**	**Iron**	**6%**
Protein 3 g				Sugars 1 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.

Variations

- **Confetti Rice.** Delete peas, egg, carrots, and soy sauce. Cook rice until almost done. Heat oil in fry pan. Sauté for 2 minutes 12 oz sliced green peppers, 12 oz sliced mushrooms, 4 oz chopped scallions. Stir vegetables into cooked rice. Add 8 oz chopped pimientos.
- **Fried Rice with Almonds.** Cook 3 lb rice according to directions on p. 399. Sauté 4 oz chopped onions and 4 oz chopped green peppers in 1 cup vegetable oil. Add cooked rice, 1 Tbsp pepper, 1 tsp garlic salt, ½ cup soy sauce, and 2 lb slivered almonds. Add salt if needed. Bake until heated.
- **Fried Rice with Ham.** Delete peas. Reduce chopped onions to 4 oz. Increase carrots to 12 oz. Add 4 oz sliced green onions, 12 oz sliced celery, and 1 lb chopped ham.
- **Plain Fried Rice.** Heat a small amount of vegetable oil in tilting fry pan. Sauté 12 oz sliced celery and 4 oz onion until tender-crisp. Stir 10 lb cooked, cold rice into vegetable. Reduce heat and cover. Cook for 15–20 minutes. Pour 1 cup eggs over surface of hot rice, stir to mix. Cover and cook for 5 minutes. Stir in 1 cup soy sauce, 12 oz finely shredded carrots, and 6 oz thinly sliced green onion. Cover for 5 minutes. Take up in serving pans. Recipe portion, 4 oz.
- **Pork Fried Rice.** Delete peas. Add 4 lb cubed, cooked pork. Fry 1 lb bacon. Use bacon fat for sautéing vegetables and rice. Crumble bacon and add.
- **Rice and Black-Eyed Peas.** Cook 1 lb rice according to directions on p. 399. Cook 3 lb 8 oz frozen black-eyed peas according to directions on p. 631. Sauté 8 oz onion in ¼ cup vegetable oil. Add hot rice and black-eyed peas. Stir to combine. Add 1 tsp ground allspice, 1 Tbsp dried whole thyme, and 2 tsp coarse ground black pepper. Heat until very hot. Stir in 4 lb fresh tomatoes (peeled, seeded, and diced), 2 cups chopped fresh parsley, and 1 lb shredded cheddar cheese.
- **Shrimp Fried Rice.** Add 1 lb 8 oz cooked shrimp.

HOPPING JOHN

Yield: 50 portions *Portion:* 4 oz

Ingredient	*Amount*	*Procedure*
Rice, converted	1 lb	Cook rice according to directions on p. 399. Rice should yield 3 lb cooked rice. Save cooked rice for later step.
Vegetable oil Onions, chopped Garlic, minced	¼ cup 1 lb 6 oz (EP) 2 oz (EP)	Heat oil in steam-jacketed kettle. Add onions and garlic and cook until transparent.
Black-eye peas, frozen or fresh	4 lb	Add peas, water, and seasonings to vegetables.
Water Salt Vegetable base Parsley, dried Thyme, dried Liquid smoke Pepper, black Red pepper sauce	5½ qt 1 Tbsp 1½ oz 3 Tbsp 1 tsp ½ tsp ½ tsp ¼ tsp	Bring to a boil, reduce heat, and simmer until peas are tender, 40–50 minutes. If peas become dry, add a small amount of water. Most of the water should be evaporated when peas are done.
Red wine vinegar Green onions, sliced	¾ cup 1 oz (EP)	Stir vinegar and rice into black-eye peas. Take up into 12 × 10 × 4-inch pan. Garnish with sliced green onions.

Approximate nutritive values per portion **Calories** 100

Amount/portion	**%DV**	**Amount/portion**	**%DV**	**Amount/portion**	**%DV**		**%DV**		**%DV**
Total Fat 1.8 g	**3%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 18 g	**6%**	**Vitamin A**	**0%**	**Calcium**	**2%**
Sat. Fat 0.1 g	**1%**	**Sodium** 264 mg	**11%**	Fiber 2.2 g	**9%**	**Vitamin C**	**3%**	**Iron**	**6%**
Protein 4 g				Sugars 0.8 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once, discard if not used.

RISOTTO

Yield: 50 portions *Portion:* 4 oz

Ingredient	*Amount*	*Procedure*
Water Vegetable base (see Notes)	1 gal 2 oz	Mix vegetarian base and water in a steam-jacketed kettle. Bring to boil then reduce heat to low. Cover and keep hot. Reserve broth for later step.
Olive oil Onion, finely chopped Garlic, minced	3 oz 12 oz (EP) 1 oz	Heat oil to 350°F in fry pan. Sauté onion and garlic in oil until translucent, about 4 minutes.
Arborio rice	2 lb 4 oz	Add rice to onion. Stir and cook 3 minutes.
Water	1½ cups	Add water and cook until water evaporates. Reduce temperature and add broth slowly, 2 cups at a time (broth reserved from earlier step). Stir very often but not constantly. Do not let the pan become dry before adding more broth. Cook and stir rice until rice is *al dente* and mixture is creamy (about 20 minutes). Turn off heat.
Butter Parmesan cheese, freshly shredded	12 oz 12 oz	Add butter and Parmesan cheese. Stir until incorporated.
		Pan Risotto into 12 × 10 × 2-inch pans. Cover. Hold for service above 140°F. Prepare close to serving time.

Approximate nutritive values per portion **Calories** 190

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 9 g	**14%**	**Cholest.** 21 mg	**7%**	**Total Carb.** 22 g	**7%**	**Vitamin A**	**8%**	**Calcium**	**7%**
Sat. Fat 4.8 g	**24%**	**Sodium** 190 mg	**8%**	Fiber 0.6 g	**2%**	**Vitamin C**	**1%**	**Iron**	**1%**
Protein 4 g				Sugars 0.4 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once, discard if not used.
- When extending recipe, add broth to rice at a rate of 1 cup per pound of rice.
- Parmesan cheese can be stirred into the rice after it has been put in a pan. Add Parmesan cheese in a ratio of 1 oz cheese to 1 lb rice mixture.
- Risotto should be soft and creamy, but not runny. The product will stiffen during holding and may require additional small amounts of hot broth.
- Chicken broth may be substituted for vegetarian broth. Adjust salt as necessary.

TOMATO CILANTRO RICE

Yield: 50 portions *Portion:* 4 oz

Ingredient	*Amount*	*Procedure*
Vegetable oil	½ cup	Heat oil to 350°F in tilting or other large fry pan.
Rice, converted Garlic, minced Onion, chopped	3 lb 2 Tbsp 1 lb (EP)	Add rice and vegetables to hot oil. Stir and cook until rice is slightly browned.
Diced tomatoes (canned) Vegetable base (see Notes) Water	2 lb 5 oz 3 qt	Add tomatoes, base, and water to rice mixture. Bring to boil. Reduce heat to low. Cover and simmer until rice is tender and liquids are absorbed, 25–30 minutes.
Fresh cilantro leaves, minced	1 oz	Fold cilantro into rice mixture. Take up into serving pans.

Approximate nutritive values per portion **Calories** 135

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 2.5 g	4%	**Cholest.** 0 mg	0%	**Total Carb.** 25 g	8%	**Vitamin A**	3%	**Calcium**	2%
Sat. Fat 0.3 g	1%	**Sodium** 220 mg	9%	Fiber 0.7 g	3%	**Vitamin C**	6%	**Iron**	3%
Protein 2 g				Sugars 1 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once, discard if not used.
- Chicken base can be substituted for the vegetable base. Adjust salt if necessary.

VEGETABLE PAELLA

Yield: 50 portions *Portion:* 8 oz

Ingredient	*Amount*	*Procedure*
Vegetable oil	½ cup	Lightly coat bottom of fry pan with oil. Heat to 375°F.
Onion, diced ½ inch Garlic, fresh, minced	1 lb 12 oz 1 oz	Add onion and garlic. Sauté 3 minutes or until garlic is fragrant.
Water Vegetable base (see Notes)	3½ qt 4 oz	Add water and vegetable base. Bring to a boil.
Rice Salt Paprika Turmeric Pepper, black, ground	3 lb 3½ tsp 1 Tbsp 1 Tbsp 4 tsp	Stir in rice and spices. Cover. Reduce heat and simmer 15 minutes.
Red bell pepper, cut in strips Yellow bell pepper, cut in strips Green peas, frozen Artichoke quarters, canned, drained Kidney beans, canned, drained Baby corn, frozen	1 lb 8 oz 1 lb 8 oz 1 lb 12 oz 4 lb 2 lb 2 lb	Add peppers and vegetables. Cover and cook 10 minutes or until liquid is absorbed and end-point temperature is 170°F. Scale into 12 × 10 × 4-inch pans.

Approximate nutritive values per portion **Calories** 202

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 5 g	**8%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 36 g	**12%**	**Vitamin A**	**2%**	**Calcium**	**2%**
Sat. Fat 1 g	**2%**	**Sodium** 341 mg	**14%**	Fiber 4 g	**15%**	**Vitamin C**	**111%**	**Iron**	**10%**
Protein 5 g				Sugars 1 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Recipe is calculated for an entree portion. For 50 4-oz side dish portions, reduce the amount of ingredients by one-half.
- Chicken base may be substituted for the vegetable base in the recipe. Adjust salt if base is highly salted.

RICE PILAF

Yield: 50 portions or 1 pan 12 × 20 × 4 inches *Portion:* 4 oz
Oven: 350°F *Bake:* 45 minutes

Ingredient	*Amount*	*Procedure*
Onions, finely chopped Margarine, melted	1 lb 8 oz 8 oz	Sauté onion in margarine until it begins to soften. Do not brown.
Rice, converted	3 lb	Add uncooked rice to onions and stir over heat until completely coated with the margarine.
Salt Pepper, white Bay leaf Chicken Stock (p. 598)	1 tsp ¼ tsp 1 1 gal	Place rice in a 12 × 20 × 4-inch counter pan. Add seasonings and Chicken Stock. Stir to combine. Cover tightly with aluminum foil. Bake at 350°F for 45 minutes; or steam uncovered for 30 minutes. Stir before serving.

Approximate nutritive values per portion **Calories** 151

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 4 g	**7%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 24 g	**8%**	**Vitamin A**	**1%**	**Calcium**	**2%**
Sat. Fat 1 g	**4%**	**Sodium** 336 mg	**14%**	Fiber 1 g	**3%**	**Vitamin C**	**1%**	**Iron**	**6%**
Protein 4 g				Sugars 0 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Suggested additions for variety: chopped green pepper, pimiento, tomato, or nuts; sliced mushrooms or water chestnuts; ground or diced ham.
- 3 oz (1½ cups) dehydrated onions, rehydrated in 2¼ cups water, may be substituted for fresh onions.

Variations

- **Curried Rice.** Add 3 Tbsp curry powder.
- **Mexican Rice.** Sauté 14 oz chopped onion, 10 oz chopped green pepper, and 3 oz chopped celery in ⅓ cup vegetable oil. Add uncooked rice and stir 2–3 minutes until grains are coated with oil. Stir in 3 Tbsp salt, 2 oz chili powder, and 1 tsp garlic powder. Place in a 12 × 20 × 4-inch counter pan. Pour a mixture of 2½ qt tomato juice and 1¾ qt Beef Stock (p. 599) over rice. Steam 25–35 minutes. Stir before serving.
- **Mushroom Rice Pilaf.** Reduce rice to 1 lb 12 oz and Chicken Stock to 2½ qt. Delete bay leaf and add 1½ tsp thyme. Add 2 lb mushroom pieces and stems and 1 lb 8 oz chopped celery.
- **Toasted Herb Rice.** Measure uncooked rice into 12 × 2 × 4-inch pan. Bake at 325°F for 20 minutes or until rice is toasted and golden. Proceed as for Rice Pilaf. Add 2 Tbsp crumbled dried basil or tarragon.

SICILIAN RICE AND VEGETABLES

Yield: 48 portions *Portion:* 8 oz
Oven: 325°F *Bake:* 10–15 minutes

Ingredient	*Amount*	*Procedure*
Brown rice Water Salt	1 lb 4 oz 1½ qt 1 Tbsp	Cook rice according to directions on p. 399. Should yield 4 lb 8 oz cooked rice. Save for later step.
Onions, sliced Garlic, minced Olive oil	1 lb 4 cloves ½ cup	Sauté onions and garlic in oil until tender.
Oregano, dried, crumbled Sweet basil, dried, crumbled Salt Pepper, black Bay leaves Parsley, fresh, chopped Sugar, brown	2 Tbsp 3 Tbsp 2 Tbsp (3 oz) 1 tsp 4 2 cups ¼ cup (1½ oz)	Add seasonings and brown sugar to onion. Mix well.
Tomato juice Tomato paste Diced tomatoes, canned	3 qt (2 46-oz cans) 12 oz 1½ qt	Combine tomatoes, paste, and juice with spices and onion. Reduce heat and simmer uncovered for 15–20 minutes. Remove bay leaves. Add cooked rice from first step.
Broccoli stalks, sliced Carrots, julienne cut Mushrooms, fresh, sliced	2 lb 1 lb 1 lb 8 oz	Add broccoli, carrots, and mushrooms to sauce and cook for 5 minutes.
Squash, yellow summer Squash, zucchini	3 lb 3 lb	Quarter squash lengthwise, then slice ½ inch thick. Carefully stir squash into sauce. Cook for 5 minutes. Scale into four 12 × 10 × 2-inch pans, 6 lb per pan.
Mozzarella cheese, shredded	2 lb	Sprinkle 8 oz cheese over each pan. Place in 325°F oven to melt cheese.

Approximate nutritive values per portion — **Calories** 170

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 7 g	11%	**Cholest.** 15 mg	5%	**Total Carb.** 22 g	7%	**Vitamin A**	43%	**Calcium**	15%
Sat. Fat 3 g	15%	**Sodium** 808 mg	34%	Fiber 2 g	7%	**Vitamin C**	64%	**Iron**	11%
Protein 7 g				Sugars 4 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Mixture may be scaled into pan after the raw vegetables are added, then baked at 350°F for approximately 30 minutes. Sprinkle with cheese the last 2–3 minutes of baking.
- Other vegetables may be substituted, or ratio of vegetables changed, for those listed in the recipe. Use a total of 10 lb 8 oz vegetables for 50 servings. Suggested substitutes: eggplant, Japanese eggplant, celery, onion, frozen green beans, peas.

RICE PRIMAVERA

Yield: 50 portions *Portion:* 4 oz

Ingredient	*Amount*	*Procedure*
Rice, converted Water Salt	2 lb 2½ qt 2 Tbsp	Cook rice according to directions on p. 399. Save for later step. (Should yield 6 lb 8 oz cooked rice.)
Yogurt, plain Milk, skim Parmesan cheese Salt Pepper, white Garlic powder	1½ cups 2½ cups 6 oz 1 oz (1½ Tbsp) 1 tsp ¼ tsp	Combine in steam-jacketed kettle. Heat over low heat. Add rice. Toss to coat.
Broccoli florets Zucchini, sliced Mushrooms, fresh, sliced Carrots, julienne	12 oz 1 lb 8 oz 8 oz 1 lb	Cook vegetables until tender-crisp (p. 631). Drain. Add to rice mixture. Toss to coat. Heat.
Parsley, fresh, minced	1¼ cups	Stir in. Put in 12 × 10 × 4-inch pans. Cover and keep hot.

Approximate nutritive values per portion **Calories** 101

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 1 g	**2%**	**Cholest.** 4 mg	**1%**	**Total Carb.** 18 g	**6%**	**Vitamin A**	**25%**	**Calcium**	**9%**
Sat. Fat 1 g	**4%**	**Sodium** 531 mg	**22%**	Fiber 0.3 g	**1%**	**Vitamin C**	**12%**	**Iron**	**5%**
Protein 4 g				Sugars 1 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.

BROCCOLI RICE AU GRATIN

Yield: 50 portions *Portion:* 4 oz

Ingredient	*Amount*	*Procedure*
Rice, converted Water Salt	1 lb 4 oz 1½ qt 1 Tbsp	Cook rice according to directions on p. 399. Reserve for later step. Should yield 4 lb 4 oz cooked rice.
Margarine, melted Onions, fresh, minced	5 oz 3 oz	Sauté onions in margarine in steam-jacketed kettle until transparent. Do not brown.
Flour, all-purpose Seasoned salt Pepper, white	8 oz 2 tsp ½ tsp	Add flour and seasonings to onions. Stir with wire whip. Cook 15–20 minutes to make a roux. Stir often.
Milk	2 qt	Add milk to roux gradually, blending with wire whip. Cook until thickened, 10–20 minutes.
American cheese, shredded Cheddar cheese, shredded	12 oz 12 oz	Add cheeses and cooked rice. Heat until cheese melts.
Broccoli cuts, frozen	3 lb	Steam broccoli (p. 631) until tender-crisp. Do not drain. Add to sauce. Stir gently. Put in 12 × 10 × 4-inch pans. Keep hot.

Approximate nutritive values per portion **Calories** 163

Amount/portion	**%DV**	**Amount/portion**	**%DV**	**Amount/portion**	**%DV**		**%DV**		**%DV**
Total Fat 8 g	**13%**	**Cholest.** 19 mg	**6%**	**Total Carb.** 16 g	**5%**	**Vitamin A**	**10%**	**Calcium**	**15%**
Sat. Fat 4 g	**20%**	**Sodium** 321 mg	**13%**	Fiber 0.4 g	**1%**	**Vitamin C**	**29%**	**Iron**	**5%**
Protein 6 g				Sugars 2 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.

Variations

- **Cauliflower Rice au Gratin.** Substitute cauliflower for broccoli. Sprinkle each pan with chopped fresh parsley.
- **Green Rice.** To 2 lb rice, cooked, add 4 lb finely chopped raw or frozen spinach, 2 Tbsp chopped onion, and 1¼ qt medium White Sauce (p. 560). Place in one 12 × 20 × 2-inch counter pan. Bake at 325°F for 30–40 minutes.
- **Jalapeño Rice.** Cook 2 lb 8 oz rice (p. 399). Combine in mixer bowl the cooked rice, 4 oz chopped jalapeño peppers, 1 cup chopped chives, 7 oz chopped green chili peppers, 3 lb 6 oz sour cream, 1 tsp salt, and 3 lb shredded American cheese. Scale 5 lb 12 oz into each of three 12 × 10 × 2-inch half counter pans. Sprinkle 4 oz shredded processed cheese over each pan. Bake uncovered at 250°F for 1–1½ hours. Cut 4 × 4.

RICE AND LENTILS WITH BALSAMIC GLAZED CARROTS

Yield: 50 portions *Portion:* 4 oz
Oven: 400°F

Ingredient	*Amount*	*Procedure*
Balsamic Vinegar Marinade (p. 595)	2¾ cups	Prepare Balsamic Vinegar Marinade recipe. Reserve for later step.
Baby cut carrots	3 lb 8 oz (EP)	Steam carrots until bright in color and just beginning to soften, 1–3 minutes. Pour marinade (reserved from earlier step) over carrots. Stir to coat. Drain carrots. Reserve marinade. Place carrots in a single layer on a baking pan. Roast carrots at 400°F until tender and browned. Reserve carrots for later step.
Water Lentils, dried	3 cups 8 oz	Combine lentils and water in a steam-jacketed or other kettle. Bring to a boil. Reduce heat and simmer until lentils are soft, but not mushy, 15–20 minutes. Drain lentils. Reserve lentils for later step.
Olive oil Onions, finely chopped Garlic, minced Rosemary leaves, dried Oregano leaves, dried Salt Pepper, black	2 oz 1 lb (EP) 1 oz (EP) 2½ Tbsp 1 Tbsp 1 Tbsp 2 tsp	Heat oil to 300°F in tilting fry pan. Add onions, garlic, herbs, and spices to hot oil. Sauté until onions are just beginning to soften, about 5 minutes.
Water Vegetable base (see Notes) Rice, converted	1¾ qt 1 oz 1 lb 4 oz	Add water, base, and rice to onions. Add cooked and drained lentils, reserved from earlier step. Bring mixture to a boil. Reduce heat, cover, and simmer until rice is almost tender, about 15 minutes. Stir in carrots and marinade, reserved from earlier steps. Cook until rice is tender, liquid is absorbed, and carrots are hot. Take up into two 12 × 20 × 2-inch pans, approximately 6 lb per pan.
Parsley, coarsely chopped	¼ cup	Sprinkle 2 Tbsp over each pan.

Approximate nutritive values per portion **Calories** 160

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 10 g	15%	**Cholest.** 0 mg	0%	**Total Carb.** 16 g	5%	**Vitamin A**	30%	**Calcium**	3%
Sat. Fat 1.2 g	6%	**Sodium** 259 mg	11%	Fiber 2.7 g	11%	**Vitamin C**	3%	**Iron**	4%
Protein 2.3 g				Sugars 2.3 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once, discard if not used.
- To shorten the assembly time, carrots and lentils may be cooked ahead and refrigerated.
- Chicken base may be substituted for vegetable base. Adjust salt as necessary.

CURRIED RICE, BEANS, AND VEGETABLE PILAF

Yield: 50 entrees or 100 accompaniment portions *Portion:* 8 oz (entree) or 4 oz (accompaniment)

Ingredient	*Amount*	*Procedure*
Frozen greens, thawed and drained (see Notes)	2 lb 8 oz (EP)	Weigh greens after thawing and draining well in a colander (may thaw overnight). Discard liquid drained from greens. Coarsely chop greens using a sharp knife. Reserve for later step.
Orange marmalade Vegetable base Water Red pepper flakes	1 lb 3 oz 1 gal ½ tsp	Blend marmalade, base, water, and pepper. Reserve for a later step.
Olive oil	3 oz	Heat oil to 350°F in tilting or other large fry pan.
Red bell peppers, cut in 1-inch long strips Yellow bell peppers, cut in 1-inch long strips Garlic, minced	1 lb (EP) 1 lb (EP) 8 oz (EP)	Sauté peppers and garlic in hot oil for 3 minutes.
Rice, converted Curry powder	3 lb 1½ oz	Add rice and curry powder to fry pan with peppers. Stir and cook for 1 minute.
Sweet potatoes, peeled, ½-inch dice Kidney beans, drained (canned) Raisins	2 lb 4 oz (EP) 5 lb 4 oz (EP) 1 lb	Add sweet potatoes, beans, and raisins to peppers and rice.
		Stir in chopped greens and marmalade mixtures reserved from earlier steps. Bring to boil. Reduce heat to low. Cover and simmer until rice and vegetables are tender and liquids are absorbed, about 25 minutes. Turn off heat and let stand covered for 10 minutes.

Approximate nutritive values per portion (Entree Portion) **Calories** 250

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 2 g	3%	**Cholest.** 0 mg	0%	**Total Carb.** 52 g	17%	**Vitamin A**	63%	**Calcium**	8%
Sat. Fat 0.3 g	2%	**Sodium** 268 mg	11%	Fiber 6 g	24%	**Vitamin C**	76%	**Iron**	10%
Protein 6 g				Sugars 10 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

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- Frozen collard or spinach greens can be used.
- A frozen pepper blend can be substituted for the red and yellow peppers.

CEREAL AND GRAIN RECIPES

COOKED BREAKFAST CEREALS

Yield: 50 portions *Portion:* 6 oz

Ingredient	*Amount*	*Procedure*
Water Salt	2–2¼ gal 2 oz (3 Tbsp)	Measure water into steam-jacketed kettle or heavy stock pot. Add salt and bring to a rolling boil.
Cereal, granular or flaked (Cream of Wheat, Oatmeal)	2 lb	Stir dry cereal gradually into boiling water, using wire whip. Stir until some thickening is apparent. Reduce heat and cook until cereal reaches desired consistency and raw starch taste has disappeared. Cereal should be thick and creamy but not sticky.

Approximate nutritive values per portion — **Calories** 73

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 1 g	**2%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 13 g	**4%**	**Vitamin A**	**0%**	**Calcium**	**2%**
Sat. Fat 0 g	**0%**	**Sodium** 406 mg	**17%**	Fiber 1 g	**4%**	**Vitamin C**	**0%**	**Iron**	**5%**
Protein 3 g				Sugars 0 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Granular cereals may be mixed with cold water to separate particles and prevent formation of lumps.
- Do not stir excessively; overstirring or overcooking produces a sticky, gummy product.
- 1 lb raisins may be added to cereal the last 2 minutes of cooking.

Variation

- **Rice and Raisins.** Cook 8 oz rice (2 lb cooked) according to directions on p. 399. Heat 1 gal milk. Add cooked rice, 8 oz softened raisins, 12 oz granulated sugar, and 2 Tbsp cinnamon.

DRIED FRUIT AND NUT GRANOLA

Yield: 50 servings *Portions:* 1 cup
Oven: 350°F

Ingredient	*Amount*	*Procedure*
Rolled oats	4 lb 8 oz	Spread oats on baking pan. Toast in 350°F oven for 10–15 minutes. Shake pan once during baking to ensure even browning. Transfer to mixing bowl.
Shredded coconut Sliced almonds Pecan pieces	1 lb 1 lb 1 lb	Spread coconut, almonds, and pecans on baking pan. Toast in oven until lightly browned, 6–8 minutes. Shake pan once during cooking to ensure even browning. Add nut mixture to toasted oats.
Unprocessed bran Raisins Dried apricots, coarsely chopped Sugar, brown Cinnamon	6 cups 2 lb 1 lb 8 oz 1 Tbsp	Add to oat-nut mixture. Mix lightly until all ingredients are evenly distributed. Cool. Store in airtight container.

Approximate nutritive values per portion **Calories** 400

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 16 g	**24%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 64 g	**21%**	**Vitamin A**	**7%**	**Calcium**	**7%**
Sat. Fat 3.8 g	**19%**	**Sodium** 8.2 mg	**0%**	Fiber 7 g	**29%**	**Vitamin C**	**2%**	**Iron**	**22%**
Protein 9 g				Sugars 21 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Serve as a cereal, on ice cream, or on yogurt.
- Substitute any dried fruit for raisins and apricots. Sunflower seeds may be substituted for part of the nuts.

BAKED CHEESE GRITS

Yield: 48 portions or 3 pans 12 × 10 × 2 inches *Portion:* 6 oz
Oven: 350°F *Bake:* 30–40 minutes

Ingredient	*Amount*	*Procedure*
Water	1¾ gal	Bring water to a brisk boil in steam-jacketed kettle.
Grits, quick Salt	2 lb 4 oz 2 tsp	Stir in grits quickly with wire whip. Reduce heat to medium. Cook 5–7 minutes or until thickened.
Eggs	9 (1 lb)	Stir a small amount of cooked grits into eggs. Add to remainder of grits in kettle, stirring constantly.
Cheddar cheese, shredded Margarine Garlic powder Worcestershire sauce	2 lb 4 oz 1 lb 1 tsp ¼ cup	Add to grits. Cook over low heat until cheese is melted. Scale into three greased 12 × 10 × 2-inch pans, 6 lb per pan.
Paprika	1 tsp	Sprinkle lightly over grits. Bake at 350°F for 30–40 minutes or until top is set and slightly puffed. Let stand 5 minutes before serving. To serve, cut 4 × 4.

Approximate nutritive values per portion **Calories** 248

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 16 g	24%	**Cholest.** 63 mg	21%	**Total Carb.** 18 g	6%	**Vitamin A**	11%	**Calcium**	16%
Sat. Fat 6 g	32%	**Sodium** 338 mg	14%	Fiber 3 g	10%	**Vitamin C**	3%	**Iron**	6%
Protein 8 g				Sugars 0 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.

BARLEY CASSEROLE

Yield: 50 portions or 1 pan 12 × 20 × 2 inches *Portion:* 4 oz
Oven: 350°F *Bake:* 1½ hours

Ingredient	*Amount*	*Procedure*
Margarine Pearl barley Onions, chopped Mushroom pieces and stems, canned	6 oz 2 lb 6 oz 1 lb 4 oz 1 lb 11 oz	Sauté barley and vegetables in margarine.
Chicken Stock (p. 598)	3½ qt	Add chicken stock to barley mixture. Pour into a 12 × 20 × 2-inch counter pan. Bake at 350°F for 1½ hours. Serve with No. 10 dipper.

Approximate nutritive values per portion **Calories** 119

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 3 g	5%	**Cholest.** 0 mg	0%	**Total Carb.** 19 g	6%	**Vitamin A**	1%	**Calcium**	1%
Sat. Fat 1 g	4%	**Sodium** 317 mg	13%	Fiber 4 g	16%	**Vitamin C**	1%	**Iron**	4%
Protein 4 g				Sugars 1 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- 2½ oz (1¼ cups) dehydrated onions, rehydrated in 2 cups water, may be substituted for fresh onions.

Variations

- **Chicken Barley Casserole.** Increase chicken stock to 1 gal. Stir in 6 lb cooked cubed chicken. Turkey may be substituted for chicken.
- **Mediterranean Barley Pilaf.** Add 1 lb 8 oz golden raisins, 1 lb chopped pecans, and 1 tsp dried thyme.

BARLEY AND VEGETABLE MEDLEY

Yield: 50 portions   *Portion:* 4 oz

Ingredient	Amount	Procedure
Olive oil	3 oz	Heat oil to 350°F in tilting fry pan or steam-jacketed kettle.
Onions, sliced into thin half-rings Garlic, minced Barley	1 lb 8 oz (EP) 1 Tbsp 1 lb	Sauté onions, garlic, and barley in hot oil until onions and barley are golden brown, about 5 minutes.
Water Vegetable base (see Notes)	1¼ qt 1 oz	Mix base with part of the water. Add water and base to vegetable-barley mixture. Heat to boiling. Reduce heat and simmer until barley is almost tender, about 30 minutes. Stir occasionally.
Carrots, peeled, sliced Cauliflower, small florets Broccoli, small florets Basil leaves, dried Thyme leaves, dried Salt Pepper, black	1 lb 6 oz (EP) 10 oz (EP) 8 oz (EP) 1 Tbsp 1 Tbsp 2 tsp ½ tsp	Add carrots, cauliflower, broccoli, herbs, and spices to barley mixture. Cover and simmer for 12–15 minutes.
Tomatoes, diced (fresh) Zucchini squash, sliced Green peppers, diced Peas, frozen	2 lb (EP) 1 lb (EP) 10 oz (EP) 1 lb 8 oz	Add tomatoes, squash, green peppers, and peas to barley mixture. Cook 5–10 minutes until vegetables are tender.

Approximate nutritive values per portion — **Calories** 80

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 2 g	**3%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 13 g	**4%**	**Vitamin A**	**38%**	**Calcium**	**2%**
Sat. Fat 0.3 g	**1%**	**Sodium** 198 mg	**8%**	Fiber 3.4 g	**14%**	**Vitamin C**	**26%**	**Iron**	**4%**
Protein 2.6 g				Sugars 3 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

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- Chicken base can be substituted for the vegetable base. Adjust salt if necessary.

BARLEY TOMATO RISOTTO

Yield: 40 portions *Portion:* 4 oz

Ingredient	*Amount*	*Procedure*
Butter Onions, chopped Garlic, minced	3 oz 6 oz (EP) 1 oz (EP)	Heat butter in tilting or other large fry pan. Sauté onions and garlic until barely tender.
Barley	1 lb 4 oz	Add barley. Cook 2–3 minutes until barley is coated with butter and slightly toasted.
Water	10 oz	Add water. Slowly cook uncovered until water is absorbed, 15–30 minutes.
Water Chicken base	1 gal 4 oz	Mix base with water to make a stock. Heat stock and keep hot. Add stock (1 qt at a time) to barley mixture while cooking over medium heat. Add additional stock only after liquid from previous addition is absorbed. Stir very often but not necessarily continuously throughout the liquid-adding step.
Whipping cream Tomatoes, fresh, diced ¼ inch Parmesan cheese, freshly shredded	8 oz 2 lb (EP) 6 oz	Stir in cream, tomatoes, and cheese. Stir until cheese melts.
Green onions, sliced thin Flat leaf parsley, chopped	4 oz (EP) 1 oz	Stir green onions and parsley into barley mixture.

Approximate nutritive values per portion **Calories** 95

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 4.5 g	7%	**Cholest.** 13 mg	4%	**Total Carb.** 11 g	4%	**Vitamin A**	6%	**Calcium**	4%
Sat. Fat 2.5 g	13%	**Sodium** 266 mg	15%	Fiber 2 g	8%	**Vitamin C**	8%	**Iron**	3%
Protein 3 g				Sugars 0.8 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once, discard if not used.
- Vegetable base can be substituted for chicken base. Adjust salt as necessary.

Variation

- **Southwest Barley Risotto.** Substitute vegetable base for chicken base. Add 1 oz fresh squeezed lime juice to vegetable base. Stir in 1½ oz chopped canned jalapeño peppers. Substitute ½ oz fresh chopped cilantro for the parsley.

VEGETABLE COUSCOUS

Yield: 50 portions *Portion:* 4 oz

Ingredient	*Amount*	*Procedure*
Margarine, melted Zucchini, julienne Green onions, sliced Carrots, julienne	8 oz 1 lb 12 oz 4 oz 12 oz	Sauté vegetables in margarine in steam-jacketed kettle or stock pot until tender-crisp.
Chicken base Water	3 oz 3 qt	Mix chicken base with water. Add to vegetables. Bring to a rolling boil.
Couscous, quick cooking	3 lb	Add couscous to vegetables and stir. Cover. Turn off heat. Let stand 5 minutes. Stir to fluff. Place in 12 × 10 × 4-inch pans. Cover tightly and keep hot.

Approximate nutritive values per portion **Calories** 145

Amount/portion	**%DV**	**Amount/portion**	**%DV**	**Amount/portion**	**%DV**		**%DV**		**%DV**
Total Fat 4 g	**6%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 23 g	**8%**	**Vitamin A**	**18%**	**Calcium**	**1%**
Sat. Fat 1 g	**4%**	**Sodium** 368 mg	**15%**	Fiber 4 g	**17%**	**Vitamin C**	**1%**	**Iron**	**2%**
Protein 4 g				Sugars 0 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Vegetable base may be substituted for chicken base. Add salt if vegetable base is unsalted.
- Salt may need to be added if the chicken base is low in salt.

RED PEPPER COUSCOUS

Yield: 50 portions *Portion:* 4 oz

Ingredient	*Amount*	*Procedure*
Olive oil Green onion, sliced Red bell pepper, julienne Garlic, minced	½ cup 1 lb 6 oz 2 Tbsp	Sauté vegetables in oil in a steam-jacketed kettle or stockpot until tender-crisp.
Paprika	2 Tbsp	Add paprika and cook for 1 minute.
Water Lemon juice Tomato paste Pimiento, chopped Red pepper, crushed Salt	3 qt ¼ cup 8 oz 8 oz ½ tsp 1 Tbsp	Add water, juice, tomato paste, pimiento, and spices to sautéed vegetable mixture. Bring to a rolling boil.
Couscous, quick cooking	3 lb	Add couscous to mixture and stir. Cover, turn off heat. Let stand 5 minutes. Stir to fluff.

Approximate nutritive values per portion **Calories** 141

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 3 g	4%	**Cholest.** 0 mg	0%	**Total Carb.** 26 g	9%	**Vitamin A**	23%	**Calcium**	2%
Sat. Fat 1 g	2%	**Sodium** 141 mg	6%	Fiber 5 g	20%	**Vitamin C**	129%	**Iron**	61%
Protein 4 g				Sugars 0 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.

QUINOA PILAF

Yield: 50 portions *Portion:* 4 oz

Ingredient	*Amount*	*Procedure*
Olive oil Green onion, sliced Celery Mushrooms, fresh, sliced Garlic	1 cup 1 lb 8 oz 1 lb 1 lb 8 oz 1 Tbsp	Sauté vegetables in olive oil until tender-crisp.
Chicken base Water	3 oz 3½ qt	Mix chicken base with water. Add to vegetables. Bring to a rolling boil.
Quinoa, rinsed and drained	3 lb 8 oz	Add quinoa to vegetables and stir. Cover and reduce heat to low. Simmer until all liquid is absorbed and the grains are translucent, 10–15 minutes.

Approximate nutritive values per portion — **Calories** 166

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 6 g	10%	**Cholest.** 0 mg	0%	**Total Carb.** 24 g	8%	**Vitamin A**	6%	**Calcium**	3%
Sat. Fat 1 g	4%	**Sodium** 18 mg	1%	Fiber 2 g	9%	**Vitamin C**	6%	**Iron**	18%
Protein 5 g				Sugars 1 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- A vegetable base may be substituted for the chicken base. If vegetable base is lightly salted or unsalted, add salt.

PARMESAN POLENTA

Yield: 48 portions *Portion:* 2 triangles

Ingredient	*Amount*	*Procedure*
Butter Onions, finely chopped Garlic, minced	1 lb 2 lb 10 oz (EP) 2 oz (EP)	Sauté onions and garlic in butter, using stock pot or steam-jacketed kettle.
Water Vegetable base (see Notes)	3½ gal 12 oz	Add water and base to onion mixture. Bring to a boil and turn off heat.
Cornmeal	5 lb 8 oz	Stir into water very quickly, blending with a wire whisk. Turn heat on medium low and simmer 10 minutes stirring often to prevent sticking and burning. Turn off heat.
Parmesan cheese, shredded Milk Chives, freeze dried Salt Pepper, black	1 lb 2 cups ¼ oz 1 oz 1 Tbsp	Stir cheese, milk, chives, and seasonings into cornmeal mixture. Scale 7 lb 3 oz into four 12 × 20 × 2-inch pans that have been oiled or sprayed with a food release spray. Chill at or below 40°F until polenta sets up, at least 6 hours.
		Cut pan 4 × 3. Cut each square in half diagonally to make two triangles.
Vegetable oil	1 cup	Lightly coat grill with oil. Heat to 325°–350°F. Cook polenta until lightly browned on both sides, approximately 180°F. Turn only once during cooking.

Approximate nutritive values per portion — **Calories** 365

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 16 g	25%	**Cholest.** 31 mg	10%	**Total Carb.** 46 g	15%	**Vitamin A**	21%	**Calcium**	12%
Sat. Fat 7 g	37%	**Sodium** 785 mg	33%	Fiber 4 g	18%	**Vitamin C**	5%	**Iron**	13%
Protein 8.3 g				Sugars 2.5 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once, discard if not used.
- Chicken base may be substituted for vegetable base. Adjust salt as necessary.

BEAN AND TOFU RECIPES

BEAN RAGOUT OVER GRILLED PARMESAN POLENTA

Yield: 50 portions *Portion:* 4 oz ragout + 2 polenta triangles

Ingredient	*Amount*	*Procedure*
Vegetable oil Onions, chopped Garlic, minced	⅓ cup 1 lb 12 oz (EP) 2 oz (EP)	Sauté onions and garlic in oil, using stock pot or steam-jacketed kettle.
Green chilies (canned) diced Red bell peppers, ¼-inch dice	6 oz 1 lb 4 oz (EP)	Add chilies and peppers to sautéed vegetables. Cook 1–2 minutes.
Chili powder Cumin, ground Oregano leaves, dried Pepper, black	2 oz 2 Tbsp 2 tsp 1 tsp	Add spices and continue to cook 1–2 minutes.
Diced tomatoes (canned) Zucchini, coarsely chopped Pinto beans, drained and rinsed (canned) Black beans, drained and rinsed (canned)	4 lb 12 oz 1 lb 12 oz (EP) 2 lb 12 oz (EP) 2 lb 12 oz (EP)	Add vegetables and beans to sautéed mixture. Bring to a boil. Reduce heat and simmer until zucchini is tender-crisp.
Parmesan Polenta (p. 421)		Serve 4 oz ragout over two polenta triangles. Garnish with fresh shredded Parmesan cheese if desired.

Approximate nutritive values per portion of Bean Ragout **Calories** 80

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 2 g	3%	**Cholest.** 0 mg	0%	**Total Carb.** 12 g	4%	**Vitamin A**	12%	**Calcium**	3%
Sat. Fat 0.2 g	1%	**Sodium** 348 mg	15%	Fiber 4 g	17%	**Vitamin C**	55%	**Iron**	7%
Protein 3.6 g				Sugars 0.8 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

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Variation

- **Bean Ragout on Pasta.** Cook 5–6 lb pasta according to directions on p. 369. Prepare 1½ recipes of Bean Ragout. Serve 6 oz Bean Ragout over 4 oz pasta.

BLACK BEANS AND COUSCOUS

Yield: 50 entrees or 100 accompaniment portions *Portion:* 8 oz (entree) or 4 oz (accompaniment)

Ingredient	*Amount*	*Procedure*
Margarine Green onions, cut into 1-inch lengths Red bell peppers, ¼-inch dice	1 lb 12 oz (EP) 3 lb 8 oz (EP)	Sauté onion and bell pepper just until soft, using a stock pot or steam-jacketed kettle.
Black beans, drained and rinsed (canned) Water Vegetable base (see Notes) Lime juice, fresh	5 lb 8 oz (EP) 4¾ qt 5 oz 1½ cup	Stir beans, water, vegetable base, and lime juice into sautéd vegetables. Bring to a rolling boil.
Instant couscous	5 lb	Add couscous to liquid and stir. Turn off heat. Cover and let stand 5 minutes. Stir to fluff.
Parsley, chopped	1 oz	Sprinkle parsley over each pan or stir into couscous.

Approximate nutritive values per portion (Entree Portion) **Calories** 295

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 8 g	12%	**Cholest.** 0 mg	0%	**Total Carb.** 45 g	15%	**Vitamin A**	29%	**Calcium**	4%
Sat. Fat 1.5 g	7%	**Sodium** 393 mg	16%	Fiber 5.8 g	23%	**Vitamin C**	108%	**Iron**	10%
Protein 9 g				Sugars 0.8 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once, discard if not used.
- Chicken base can be substituted for vegetable base. Depending on the base used, salt may need to be added.

CUBAN BLACK BEANS AND RICE

Yield: 50 entrees or 100 accompaniment portions *Portion:* 8 oz (entree) or 4 oz (accompaniment)

Ingredient	Amount	Procedure
Black beans (canned)	6 lb 4 oz	Drain beans and reserve juice. Save both beans and juice for later step.
Vegetable oil	6 oz	Heat oil to 350°F in tilting or other large fry pan.
Onions, chopped Garlic, minced Rice, converted	1 lb 8 oz (EP) 1 oz (EP) 4 lb	Add vegetables and rice to hot oil. Stir and cook until rice is browned.
Black bean juice plus water	4¾ qt	Weigh bean juice reserved from earlier step. Add enough water to equal the required volume. Pour juice-water mixture over the rice.
Chipotle base (see Notes) Vegetable base (see Notes) Oregano leaves, dried Cumin, ground Cilantro, dried	4 oz 4 oz 1 tsp 1 Tbsp 1 Tbsp	Stir bases and spices into rice mixture. Reduce heat and simmer covered for 15 minutes.
Green bell peppers, cut in 1-inch-long thin strips Red bell peppers, cut in 1-inch-long thin strips Yellow bell peppers, cut in1-inch-long thin strips	1 lb (EP) 12 oz (EP) 12 oz (EP)	Stir peppers and beans reserved from earlier step to the rice mixture. Cover and simmer 10–15 minutes or until liquid is absorbed and rice is tender.
		Take up in 12 × 10 × 2-inch pans. Cover.

Approximate nutritive values per portion (Entree Portion) **Calories** 235

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 4.5 g	7%	**Cholest.** 0 mg	0%	**Total Carb.** 41 g	14%	**Vitamin A**	7%	**Calcium**	5%
Sat. Fat 0 4 g	2%	**Sodium** 603 mg	25%	Fiber 4 g	17%	**Vitamin C**	58%	**Iron**	11%
Protein 6.3 g				Sugars 1.4 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once, discard if not used.
- A frozen pepper blend can be substituted for the bell peppers.
- Chipotle base is available commercially. Chipotles are dried jalapeño peppers that have been slow roasted to give them a smokey flavor. To use dried chipotles, cover with boiling water and let set for 30 minutes. Remove from the water and drain. Using a sharp knife, split chipotles open and remove seeds before chopping. If using canned chipotles, drain and chip.
- Chicken base can be substituted for the vegetable base. Adjust salt as required.

BLACK BEANS AND HAM ON RICE

Yield: 50 portions *Portion:* 6 oz ham and beans + 4 oz rice

Ingredient	*Amount*	*Procedure*
Black turtle beans Water	3 lb 1¼ gal	Rinse beans with cold running water. Discard any stones and other foreign material or shriveled beans. Add water and bring to a boil. Boil for 2 minutes. Cover. Turn off heat and allow to stand for 1 hour.
Cumin, ground Hot pepper sauce Pepper, black Thyme, crumbled, dried Oregano, crumbled, dried	1 Tbsp 1½ tsp 1 tsp 1 Tbsp 1 Tbsp	Add seasonings to beans. Simmer until almost tender, about 45 minutes. If beans become too thick, add some tomato juice drained from the diced tomatoes used in a later step.
Onions, chopped Garlic cloves, minced Salt Ham, diced	12 oz 3 1½ oz 2 lb 8 oz	Add to beans. Simmer until beans are tender, about 30 minutes. Add tomato juice from later step or a small amount of water if necessary to keep beans from becoming too thick.
Tomatoes, diced, canned Green peppers, ¾-inch chunks	3 lb 8 oz 12 oz	Add tomatoes with juice and peppers. Simmer for 15 minutes.
Rice, converted Water, boiling Salt Vegetable oil	3 lb 8 oz 4½ qt 2 Tbsp 2 Tbsp	Cook rice according to directions on p.399.
Parsley, fresh, chopped	4 oz	Serve 6 oz ham and beans over 4 oz cooked rice. Garnish plate by sprinkling with 1 Tbsp chopped parsley.

Approximate nutritive values per portion **Calories** 212

Amount/portion	**%DV**	**Amount/portion**	**%DV**	**Amount/portion**	**%DV**		**%DV**		**%DV**
Total Fat 3 g	**5%**	**Cholest.** 13 mg	**4%**	**Total Carb.** 35 g	**12%**	**Vitamin A**	**3%**	**Calcium**	**5%**
Sat. Fat 1 g	**5%**	**Sodium** 987 mg	**41%**	Fiber 2 g	**9%**	**Vitamin C**	**32%**	**Iron**	**14%**
Protein 10 g				Sugars 1 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

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- Anaheim chilies may be substituted for green peppers.
- 6 lb 8 oz canned black beans (rinsed) may be substituted for dried beans and water. Add beans toward the end of the cooking period. Serving temperature 180°–190°F.

Variations

- **Black Beans and Andouille Sausage.** Reduce hot sauce to ½ tsp. Omit ham. Add 3 lb cooked andouille sausage cut diagonally into ¾-inch pieces.
- **Black Beans over Rice.** Delete ham. Increase salt to 2 oz. Chicken broth may be substituted for the water to enhance flavor.
- **Black Bean Soup.** Follow recipe for Black Beans and Ham on Rice but make the following changes: Increase beans to 4 lb, water to 2¼ gal, onions to 1 lb, and salt to 2 oz. Decrease ham to 2 lb, tomatoes to 2 lb, and green pepper to 6 oz. Delete rice.

BLACK BEAN AND TORTILLA CASSEROLE

Yield: 48 portions *Portion:* 8 oz

Ingredient	*Amount*	*Procedure*
Onion, chopped Green pepper, chopped Tomatoes, diced, canned Picante sauce Garlic, fresh, minced Cumin, ground	2 lb 10 oz 2 lb 4 oz 2¼ qt 1 qt 6 cloves 3 Tbsp	Combine onion, pepper, tomato, picante sauce, and spices in steam-jacketed kettle. Bring to boil. Reduce heat and simmer uncovered for 15–20 minutes.
Black beans, canned, drained, rinsed	10 lb	Stir beans into tomato mixture. Turn off heat. Spread 2 lb 6 oz of bean mixture in 12 × 10 × 2-inch pan.
Tortillas, corn	64 each	Top bean mixture with 8 corn tortillas, overlapping as necessary.
Monterey Jack cheese, shredded	3 lb	Sprinkle 6 oz cheese over tortillas. Spread 2 lb 6 oz bean mixture over cheese. Top with 8 corn tortillas, overlapping as necessary. Sprinkle 6 oz cheese over tortillas. Cover and bake at 350°F for 30–35 minutes or to 165°F. Cut 4 × 3.
Tomatoes, fresh, finely diced Green onions, thinly sliced	1 lb 2 oz	Sprinkle 4 oz tomatoes and 1 Tbsp sliced onions over each pan. Keep hot (above 140°F).
Picante sauce	6 lb	Serve immediately with picante sauce as a condiment.

Approximate nutritive values per portion **Calories** 379

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 12 g	**19%**	**Cholest.** 25 mg	**8%**	**Total Carb.** 54 g	**18%**	**Vitamin A**	**27%**	**Calcium**	**34%**
Sat. Fat 6 g	**28%**	**Sodium** 1261 mg	**53%**	Fiber 6 g	**23%**	**Vitamin C**	**102%**	**Iron**	**21%**
Protein 20 g				Sugars 4 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

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GRAINS AND BEANS

Yield: 50 entrees or 100 accompaniment portions *Portion:* 8 oz (entree) or 4 oz (accompaniment)

Ingredient	*Amount*	*Procedure*
Cracked bulgur Barley Water	1 lb 6 oz 2 lb 7 qt	Combine bulgur, cracked wheat, and water in a stock pot or steam-jacketed kettle. Bring to a boil. Reduce heat. Cover and simmer 40–50 minutes or until grains are tender. Drain excess liquid from grains. Save grains for a later step.
Vegetable oil Baby corn, frozen (small ears, oriental style)	8 oz 2 lb 12 oz	Heat oil to 350°F in a fry pan. Add corn and stir-fry corn for 5 minutes.
Green onions, sliced into thin rings Red bell peppers, ¼-inch dice	8 oz (EP) 1 lb 12 oz (EP)	Add onions and peppers to pan. Stir-fry 1–2 minutes until softened slightly.
Garbanzo beans, drained and rinsed (canned) Black beans, drained and rinsed (canned) Pimiento, chopped Hot pepper sauce Cumin, ground Cilantro, dried Salt	3 lb 12 oz (EP) 5 lb (EP) 8 oz 3 Tbsp 3 Tbsp 3 Tbsp 2 oz	Add beans, pimiento, and seasonings to vegetables. Add cooked grains from previous step. Bring temperature to 180°F, stirring often to prevent sticking.

Approximate nutritive values per portion (Entree Portion) **Calories** 250

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 6 g	9%	**Cholest.** 0 mg	0%	**Total Carb.** 39 g	13%	**Vitamin A**	12%	**Calcium**	5%
Sat. Fat 0.6 g	3%	**Sodium** 783 mg	33%	Fiber 11 g	45%	**Vitamin C**	64%	**Iron**	15%
Protein 9 g				Sugars 1 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

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- Grains and Beans may thicken during holding. Add vegetable stock as needed.

RED BEANS AND RICE

Yield: 50 portions *Portion:* 6 oz red beans + 4 oz rice

Ingredient	*Amount*	*Procedure*
Vegetable oil	4 oz	Sauté vegetables in steam-jacketed or large kettle until softened.
Celery, chopped	2 lb (EP)	
Onions, chopped	2 lb (EP)	
Green bell peppers, chopped	1 lb 6 oz (EP)	
Garlic, finely chopped	1 oz (EP)	
Red beans (canned, undrained)	14 lb	Add beans, water, and spices to vegetables. Bring to a boil. Reduce heat.
Water	1 qt	Cover and simmer for approximately 1 hour, until bean mixture is thickened slightly. Stir often.
Liquid smoke	2 tsp	
Red pepper sauce	2 Tbsp	
Salt	1 tsp	
Pepper, black	1 tsp	
Ground red pepper	2 tsp	
Thyme leaves, dried	1 tsp	
Oregano leaves, dried	2 tsp	
Bay leaves, dried	5 leaves	
Rice, converted	3 lb 8 oz	Cook rice according to directions on p. 399.
Water, boiling	4½ qt	Serve 6 oz red beans over 4 oz cooked rice.
Salt	2 Tbsp	
Vegetable oil	2 Tbsp	

Approximate nutritive values per portion **Calories** 265

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 3.5 g	5%	**Cholest.** 0 mg	0%	**Total Carb.** 49 g	16%	**Vitamin A**	2%	**Calcium**	6%
Sat. Fat 0.5 g	2%	**Sodium** 784 mg	33%	Fiber 10 g	38%	**Vitamin C**	25%	**Iron**	18%
Protein 10 g				Sugars 4 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once, discard if not used.

SWEET AND SOUR TOFU

Yield: 50 portions *Portion:* 6 oz tofu + 4 oz rice
Oven: 350°F

Ingredient	*Amount*	*Procedure*
Tofu	5 lb	Drain tofu and dice into ½-inch cubes.
Water Garlic powder Soy sauce Dry bread crumbs	1 cup 2 tsp ¼ cup 1 lb	Mix water, garlic powder, and soy sauce. Dip cubed tofu in liquid then roll in bread crumbs. Place breaded tofu on silicone paper-lined or lightly greased baking sheet. Bake tofu until brown and crisp. Hold for later step at above 140°F.
Drained pineapple chunks (reserve juice) Pineapple juice (reserved juice from draining pineapple plus water to make up the difference) Cornstarch Tomato puree Cider vinegar Soy sauce Sugar, brown Sugar, granulated	2 lb 4 oz 2 qt 2 oz 1 qt 1½ cups 1½ cups 4 oz 10 oz	Reserve drained pineapple tidbits for later step. Mix cornstarch with pineapple juice and water. In steam-jacketed or other large kettle, mix pineapple juice–cornstarch mixture with tomato puree, vinegar, soy sauce, brown sugar, and granulated sugar (use wire whip). Bring to a boil. Boil until mixture thickens.
Onions, ½-inch dice Mushrooms, quartered (fresh) Green peppers, ½-inch dice	1 lb (EP) 8 oz (EP) 1 lb (EP)	Stir in pineapple reserved from earlier step, onions, mushrooms, and peppers into thickened mixture. Return to boil. Just prior to serving, gently stir in baked tofu reserved from earlier step.
Converted rice Water, boiling Salt Vegetable oil	3 lb 8 oz 4½ qt 2 Tbsp 2 Tbsp	Cook rice according to directions on p. 399. Serve 6 oz sweet and sour tofu on 4 oz rice.

Approximate nutritive values per portion **Calories** 395

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 3.6 g	6%	**Cholest.** 0 mg	0%	**Total Carb.** 80 g	26%	**Vitamin A**	3%	**Calcium**	15%
Sat. Fat 0.6 g	3%	**Sodium** 976 mg	41%	Fiber 2.5 g	10%	**Vitamin C**	21%	**Iron**	16%
Protein 10 g				Sugars 14 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

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TOFU AND BROCCOLI SZECHWAN

Yield: 50 portions *Portion:* 6 oz tofu and broccoli + 4 oz rice
Oven: 300°F

Ingredient	Amount	Procedure
Tofu Vegetable oil	5 lb ½ cup	Drain tofu and dice into ½-inch cubes. Place tofu on silicone paper-lined or lightly greased baking sheet. Drizzle with vegetable oil. Bake at 300°F for 30 minutes. Hold for later step at above 140°F.
Vegetable oil Onions, diced Broccoli florets Red bell pepper, ½-inch dice	¼ cup 1 lb 12 oz (EP) 2 lb 12 oz (EP) 1 lb (EP)	Heat oil in steam-jacketed kettle. Sauté onions until barely tender. Add broccoli and bell pepper. Stir-fry until tender-crisp. Remove vegetables from kettle. Save for later step.
Soy sauce Cornstarch Water Cooking sherry Sugar, granulated Ginger, finely minced Pepper, cayenne Drained mandarin oranges	2 cup 2½ oz 1¾ qt 1 cup 1¾ oz 2 oz 2 tsp 2 lb	Add soy sauce and cornstarch to tilting fry pan. Mix until smooth. Stir in water, sherry, sugar, ginger, and red pepper. Boil until mixture thickens, about 5 minutes. Stir in reserved vegetables and tofu. Take up in 12 × 20 × 4-inch counter pans. Garnish with drained mandarin oranges. Hold for service at 165°F.
Rice, converted Water, boiling Salt Vegetable oil	3 lb 8 oz 4½ qt 2 Tbsp 2 Tbsp	Cook rice according to directions on p. 399. Serve 6 oz tofu and broccoli over 4 oz rice.

Approximate nutritive values per portion **Calories** 335

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 6 g	**9%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 36 g	**12%**	**Vitamin A**	**10%**	**Calcium**	**11%**
Sat. Fat 0.8 g	**4%**	**Sodium** 981 mg	**41%**	Fiber 2 g	**8%**	**Vitamin C**	**56%**	**Iron**	**10%**
Protein 7 g				Sugars 3 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once, discard if not used.
- 1 lb cashews may be sautéed with the onions and broccoli.

VEGETABLE AND TOFU JAMBALAYA

Yield: 50 portions *Portion:* 8 oz

Ingredient	*Amount*	*Procedure*
Olive oil	2 cups	Heat oil to 350°F in the bottom of a tilting or other large fry pan.
Onions, chopped Garlic, minced Celery, chopped Green peppers, chopped	6 lb (EP) 2 oz (EP) 1 lb 4 oz (EP) 12 oz (EP)	Sauté vegetables in hot oil for 10 minutes. Stir often enough to keep vegetables from sticking.
Cajun seasoning Salt Rice, converted	2 oz 2 tsp 3 lb 14 oz	Add seasonings and rice to vegetable mixture. Stir and cook for 10 minutes. Add more oil if rice begins to stick.
Water Vegetable base Red pepper sauce	3 qt 2½ oz 1½ tsp	Dissolve base in some of the water. Add water-base mixture, remaining water, and red pepper sauce to the rice. Stir to mix. Reduce heat to low. Cover and simmer until rice is tender and liquids are absorbed, 25–30 minutes.
Tofu (firm), ½-inch cubes	2 lb	Gently fold tofu into rice mixture.
Sugar snap peas (fresh or frozen) Carrots, cut into ¼-inch slices Red bell peppers, ½-inch dice Yellow bell peppers, ½-inch dice Green bell peppers, ½-inch dice Green onions, cut in 1-inch lengths	1 lb 10 oz (EP) 1 lb 10 oz (EP) 4 oz (EP) 4 oz (EP) 4 oz (EP) 8 oz (EP)	Steam peas, carrots, and peppers separately until tender-crisp. Drain vegetables. Fold steamed vegetables and green onions into rice mixture. Scale into 12 × 10 × 2-inch pans, 6 lb per pan.
Red onions, coarsely chopped Parsley, minced	4 oz (EP) 6 oz (EP)	Sprinkle 1 oz onions and 1½ oz parsley on top of each pan of jambalaya.

Approximate nutritive values per portion **Calories** 250

Amount/portion	**%DV**	**Amount/portion**	**%DV**	**Amount/portion**	**%DV**		**%DV**		**%DV**
Total Fat 9.8 g	**15%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 36 g	**12%**	**Vitamin A**	**2%**	**Calcium**	**7%**
Sat. Fat 1.4 g	**7%**	**Sodium** 280 mg	**12%**	Fiber 2 g	**8%**	**Vitamin C**	**18%**	**Iron**	**6%**
Protein 4.7 g				Sugars 2.2 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once, discard if not used.
- A frozen pepper blend can be substituted for the green, red, and yellow peppers.